

TETSÜR MIIMSHITI



KÜMSÜK 18 ADOK 35 JANUARY - JUNE 2022



*Ojala taochi Ola
Obala akhiim*

KOHIMA AO BAPTIST AROGO



*Tetsü ka teniik
nung lai asenok
meimba tejangja
ajiteter.*



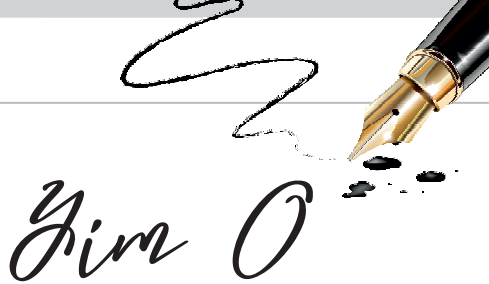
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Temoatsutem zungdangang

Miimshiti azünger ajak dangi Yisu Khrista tenung nung temeim salem abener. 2022 tenzüker jogo küm tesadang jaja a arudagi. KABAi sentong tajung balala yanglua asenok tanela nung kanga dang temoatsü ngua aruogo- Mission week, Passion week, Mother's Day, Christian Home Week aser Revival. Tanela taküm tashi ita alitsü, tamang nung kümküma noktaksütsü, asen taküm ajanga Tsüngrem peladaksütsü aser sentsüwangshidakja lia otetsü tanela nung kanga ajungmesoba sentongtem agia aruogo. KABA dang pelar aser Tsüngrem tenüng asanger.

Ano yamaji asen taküm aser kibong nung Tsüngremi moatsübatem züngdangdi süra temeyong 10 nungji dangbo masemtsü. Tanela temoatsütem dang masü saka anogoshia nüngdak ajak peritsüba, sarasadem langzüba, shirang aneptsüba, taküm aser tanela lendong balala nungi kümzükbä, item ajak züngdangdi süra zünger mezüngmatsü. Asenok aritepa aser mazüngi aliyonga ken süngjema mener Kibubai asen dang ajungba aser moatsübatem ken züngdangang. Asenoki süngmangtsü.

Tanü putu libaliro kenyonigi balaka melenshiba ajanga tsürapur ka ama chirnur sayubentsüa anitetsü tebilemtsü

tuluba kümogo. Tsürabur ka pei teinyaktsü tajungba angateta takok ngutetsü asoshi Lanula Pangeri lai ajangshiba nungi tazünger tsüraburtem tajangzük angutsüsa English tapak nung zülüja lir.

Asenoki aiben temang asoshi nüngdakba chiyongtsü peria mechi i menüngdakbatem tali achir koba agi temang anema malir aser tashitak balala adoker. Health page nung Miss. Imsütola Jamir (Dietician) i kanga jangja zülüja lir, tazüngertem tajangzük angutsü ta amanger.

Miim shiti Editorial Board members Dr. Benjungtola aser Mrs. Sashisongla inyakyim nung lateta aliba ama jogo 2022 nungi sodi agir kanga nendaka küm 5 Miim shiti takok ngudakja inyakogo, tena dang kanga pelar, ajaki sarasadem nung bilemtetjangma.

Tan adok nung shirnokisa ocet zülüogo, nenok sempet, shisatsü aser mapang asoshi kanga pelar.

Anogo ishika lir Tebutem Anogo amongtsü. KABA nung tebu ajak nem Akhüm, Tetushi aser Salem agütsür. Tsüngremi maneni nenok moajang ta sarasademer.

Ken No.368 nung ashiba ama “Kechi inyakdir, kong lidir, Tsüngrem keti dang ni anir”.

Pa tenung teti sangdi, Tsüngremi ajak moajangma. Amen

Asenla Akang.

TESÜBATEM LEPA BILEMTETER

Mrs. Longrila Ozüküm
Seithikima Chumu



Tamasa KABA Tetsür Miimshiti azünger ajak dangi Yisu Khrista Temeim salem abener. Tesüiba lepa bilemtetter ta asüba onük nung ajemdaker zülutsü maongka angu nung Tsüngrem tenung asanger aser Miimshiti Editorial board dang pelaba lemsar.

Ozu kibong Lower Agri kiyong nung alidang, 1996 küm Arogotsür tenzükla oyala Mrs. Imsüla aser Mrs. Onenla tena ozü kidangi arua na tenzükla nung shimogo aser sarasadem agütsütsü arur ta ashidang ni kanga aoksa. KABA tashi tawar alidak Arogo tulu nung tenzüksü aji ni makoktsü, kechiba süra ni amala mashi mazünger kecha memetetba taküm ni meinyaktetsü ta ashidang parnoki o tajung den tasü tait otem agi ajungshia ozü kibong asoshi temoatsü meshia sarasademtsüba menungra bilemteter.

Tenzükla nung küm asem tashi inyaka alidang Rev. Yashila Jamir, APW aser Mrs. Asenla Akang, Arogotsür kimen tena ozü kidangi arua Assistant cashier inyaksü ashi, ni mashi mazüng, ni meinyaksü ta ashidang, medemtsür Mrs. S. Arenla cashier den yaritepa inyaksüji na kecha shisa tebulu

Tsüngremi yaritsü ta shia anema aliba taküm moajang ta sarasademer senshi. Mrs. Asenla Akang kimen, Mrs. S. Arenla cashier tena leniba nung nia aikadang angazüka pelatepa inyaka senzüba menungra bilemteter.

2002 küm Andhra Mission Fieldi KABA Arogotsür Rev. Yashila Jamir aser Rev. Yapang Walling tenati anir tenzüklatem onok ti (8) oa KABA Arogotsüri tenla ki ka yanglutsüba meshitetsü aser oa aliba Arogopur asoshi revival agütsütsü aoba menungra bilemteter. Andhra mission field nung missionary Rev.B.Lanutemjen den sentong yanglur Sompeta nung par kidang anena liasü. Anepdang aser nikongtsütsü arogotem semdanga lisem manung tetsüng agi senzüba menungra bilemteter. Onok taortem den missionary par kibong tena Bay of Bengal tzüyinküm nung nokdaker teka mekanga iba tzüyim atena oa lanurtem jenti Tsüngrem osang bener odakjang ta sarasadema liasu. Tanubo asangsang nung KABA nungi lanurtem jenti tzüyim atena oa tenzükbä angur. Amangba pur sarasadem amajok masu ta Tsüngrem tenung asanger.

Arogo tulu, netsüng aika rongnung tenzüksü maongka angu asünung, medemtsür aika nungi tangazükba jenti agia taküm nung itemji benshiyonga aor. Thanks giving Anogo sentong kodang arudir onok ajak mapa balala lezmüker peii akok tashi meranga inyaktepba menungra bilemteter. Squash, mapu, aonsotsü tapu aika den tsük, shiruru an, ak amala Arogopuri bendentsüba tesüngmangtsüka pelateba yokshiba aser Tsüngremi KABA pur yamai moatsür noh ta tenüngsang agujasa kutdang süa aru.

Arogotsür kiyong ajak nung Prayer Cell tenteta lir, iba Friday sarasadem nung tangar asoshi, Arogo aser pei kibong nüngdak medemertem den lemsatepa sarasademba nung kü tamang kanga tashi idaktsüba temoatsü tang tashi agia arudar. Ano Arogotsür Arogo balala semdanga jajadang kanga tsübuseta, saka tepela tulu nung taküm khuli lemsatepa, ken atenba ajanga khuli sua pelatepa jajaba, khi mapang kabo Impur nung ABTM Tanela benjongmong ka liasü. Iba sentong nung asen Arogotsür tongti shilem agia liasü, anungji telok mesentepdang Rev. Yashila den onok ishika advance party oa Mopungchuket yimdak anenzüka mapa inyakba menungra bilemteter. Ni amala taküm ka Arogo nung tenzüksü maongka tulu angubaji temoatsü tulu ta züngshia tajanzük jenti ni aser ozü kibong asoshi nguogo. Tsüngrem nem dang tenungsang agutsür.

1996 küm nungi 2005 küm tashi tenzükla sen assistant cashier inyaka arudang, tenzüka aruba mapang Arogo aser lokti balala aika nung jajadang tanela temoatsü, inyaksangshi, libaliro aika angazüka temoatsü anguba den medemertem den pelatepa jajaba kodanga mamadoker aser menungra bilemteter.

Tsüngremi Miimshiti azünger ajak moajangma.

LA OLA NUNG TAOCHI LIR

Mrs. Thungchanbeni Kithan
Asst. Professor, History, NU



KABA MIIM shiti azünger ajak dangi Yisu Khrista tenung nung temeim salem lemsateper. COVID wara ajanga asen taküm ya tatsü aser shiteta maliba taküm ta tali jangjashiogo. Anungji tanü asenok taküm nung tetsütem, kinungtsütem, totsülatem (grand mothers), aianutem, onölatem aser alakteta asenok taküm nung Tsüngremi moatsüba tetsürtem shirnok ajanga asen taküm nung kongshia, letetta temelenshi ajenoktsu parnok indang tushia shisadangdang asenoki asen taküm wazuka yutsüba aser Pa taochi asoshi Tsüngrem tenung sangdi.

Alima nung tongtipang mapa aika lir, saka tetsü ka asütsüba mapaji kecha dena medemdangtsü makok aser tanga mapa kata iba den tongtibangba mali. Iba mapa ya alima nung tasaktiba aser jangratemtsü rongnung ka lir. Kechiaser ajak dak alia tetsütemi tanur ka takümji amokbanga, rakmoka sayur aser parnok aintsü tim nung yanglushia indaktsür. Tetsü kati lai meimbaji tebang agi mapang ajak nungbo mashitsü akok saka mapang ajak nung la temeim mapa aser lai la taküm bendanga agüja anebaluba ajanga lai asenok kodaka meimer

aji sayur. Tetsü kati la temeimji la o ajanga, la yimya yimko ajanga aser la maparen ajanga sayur. Asenoki asen tetsüji asen medemer chichila ta ashitsü akok.

Asenok rongnung tanü tetsü temeim ola aser la menürem jakden joko mungui aika alitsü südi. Kibong nung tetsü ka malibaji koda rongjener aser asüktema akümer, tetsü ka malibaji asenoki kodaka menungrar! Ni ama tantsür katia kütsü sür külen kanga nemjema kü taküm nung senti medemer tajungtilai ni toktsür ogo ta bilemer. Kü mulungjang nung lai azüngteta toktsüba tapokji kecha agia menempangtetsü. Kütsü den ni onök mashika bener arua jembiteta liasü. Ni yirua, temulung shiranga lira lai ni süngzükdaktsü. Kechisarena timtem ajuruaka lai anebalua ajungshiba ajanga ajakji pongpaa kümdaktsü aser shisabulutsü malang kümdaktsür. Kechiba aser kudasür tetsü ka den medemer tajung yimtetbaji balaka jokteta adoker ta süra la mulungsentsü temerük nungi adokba temeim, taochi, aria bilemba, taremzüc, atsüanem akaba aser mulungso jagi adokdaktsür. Tetsü temeim indang bilemteta la tushidang asenoki, Tsüngremer tesüngmangtsü temeim, koba kecha dena medemdangtsü makok aser koba nungi temeim aser taochi asen taküm nung tzü ama yimoker iba indang benjungmong amongtsü telemtetba agidi. Atangji, Tsüngrem temeim sempetji ajak dang tulutiba sempet aser iba dak tuluba tanga sempet kecha mali. “Pai tamasa asenok meim nung asenoki Pa meimer” I Yoh 4 : 19. Tsüngremi asenok ano temenen nung alidangyongi meim. Tsüngrem temeimji kecha temeim dena asadangtsü makok, “Pa asen temenentem asoshi tekümtet

tenla lir aser asen asoshi dang masü, saka alima ajunga temenentem asoshi lir” I Yoh 2:2.

Alima nung Tsüngrem temeim mesükba kaji tetsü temeim ya alitsü südi. Ni bilem nung meimchir tsüngda temeimtep rongnung tetsü ka aser lar chir tsüngda temeimtep den tuluba kecha mali. Laishiba nung I Kor 13 : 4 – 8 nung asenok kotaker tebui Pa temeim kechi yimya nung, koba tashi ka asenok nem lemozüksü aji jangja jangja shia lir. Asenok kija taküm aser asen kibong nung Tsüngrem temeim anioka alitsü atema asenok tetsütem, tebutem aser chirnurtemi iba temeimji kanga aroka angatetsü tim. Asen arogo nung aliba tetsütem, yimdong nung asükashi arema mener shishilembaba tetsütem süaka, alu nung asentsü sena alu ayimba tetsütem süaka, parnoki lar chirnur aser kibong mesütsü aser parnok nungdak peridaktsütsü meranga inyaker aser iba jagi meshitetba tetsü temeim tali jongkai adokdaksür. Temeim melira tangatettep, teyaritep wazüka ayuba mesüra Tsüngrem metetba malitsü. Tetsü ka dak aliba temeimji Tsüngrem nungi arur. Lar kibong tepela nung alitsü mechi tetsü ka jagi taya, timtem tuoshi aremer. Tetsü ka tenük nung lai asenok meimba tejangja ajiteter. Yihuda nung shin O nung “ Lar tanuri meshiaka aji lai angateter” ta ashibaji atangji shitak aser shisa taka o lir. Kütsüa temulungjang nung nüksü ayimba aser la menerem jakden agi nembanga yutetba tetsü ka liasü. Iba amaji netsüia na asoshi la mulungjang nung temeim teti alir. Iba temeim nung arrtsü asazüka mali – ibai taochi aketba temeim, merumeru maketba, taremozük aketba, tai toktetba, ajemalu aketba, temeim, timtem metsübur aser ochi nung pelaba

temeim lir. Second world war mapang nung Nazi concentration camp nung puoka ayuba Yihuda nunger kibong ka otsü ni züngshi. Iba otsüji kanga tebur tajung saka temulung shirangtsü ka.

Solomon Rosenberg, tetsü o tebu na, pa kinungtsü aser par jabaso ana kidang nungi pua bener ao aser Nazi concentration camp ka nung toktsü. Iba labor camp nung ozüngji kanga tesashi aser taochi maka liasü. “Nai mapa inyaktetba anogo tashi na taküm lidaktsütsü, saka ne nem nungloktsüba mapa meinyaktettsüsa tashi meiti kümra na tepsettsü” ta asüba ozüng küpok parnok puoka ayu. Tetsü o tebu na tantsür tambur asünung talangka melii tashi mait aküm aser tepuokertemi tena tepsettsü bener aoba angudang Solomon Rosenberg aser par kibongi temulung shirangaka kecha mesüteti repranga yok. Tetsü o tebu na sülenjibo Rosenbergi par jabaso tanubosang David tepsettsü ta metetadok. Kechiaser talakbaji tila asüdang nungi tashi mait aser manemi shiranga dang aliba tanur ka liasü. Anogoshia nikongtsütsü Rosenberg ghonda aika belema mapa inyaker barrach-i meyipa arudang, pai par kibong teyimla makai shisabulua bushi. Aser kodang parnok ajak ngua ajurutepdır, parnoki külemi nungtepa azüteper ano anogo ka arishia yutsüba atema Tsüngrem nem külemi tenungsang agütsü. Kenü anogo Rosenberg Barrack-i meyipa arur par kinungertem aki ama mangu. Anungji pai kanga pettepa parnok bushi aser tatem nung par jabaso tambusang Joshua kinük ka nung pa kija jepa mokrema mener angu. “Kü jabaso, ya teyazüa ta kü dang shiang” ta pai Joshua dang ashi. Joshua-

i tebu tsütsü shir “Oba ya shitak” ta ashi “ Künü David-i pa nem nunglochtsüba mapa inyaksü pa tashi agi mokoki aküm nung tepuokertemi pa anir ogo ta Joshua-i tebu dang ashi. “Süra netsübo koda?” ta ano Rosenberg-i Joshua dang asüngdang aser “ Oba tepuokertemi David anir aodang pai tetsübo agi ajep, anungji ojalai David teka nung ameter pa dang “ “David kecha tetsübutü maliako, ojala ne den aotsü, anungji nai tetsübu aser teje” ta shia tena külemi ogo” tasütsüba Gas Chamber jagi mera ishika dang jaja nung atongtsü liaka tetsüi pa teka nung amer tanemi pa den jembia jajaba jagi pa mulung kodaka süngzüker alitsü.

“Tanur ka pei aotsüba lenmang nungji sayutetang; aser pai tain akümdang iba nungi mepilatsü” A. Shin 22:6. Tanü tetsütem ajaki angateta alitsübaji ya – tanurtem nem parnok taküm nung nungdak ajak peria agütsütsübaji kanga tim lir, saka parnok tanela nung tashi ita yindaktsütsübaji asenok asoshi mezüng aser ajak madak tongtibatiba asütsüla. Laishiba nung Timothy tamang tulu asübaji tetsü aser tütsü (grandmother) na ajanga ta shia lir. Asenok tetsü ka teinyaksü khuretji tanur ka nem chiyongtsü, sobusolemtsü aser kakat shisatsü agütsüba nung dangbo matemer, saka ano maneni parnok tanela nung yindaktsüba, taküm nung jenjang tajung tongtettsüsa sayutetba ajanga parnok Tsüngrem matsüngdang tagizüktettsü taküm ka küma ayintsü. Taküm nung item tagitsü shisatsü parnok tila asüdang agüja anebalua anitetra asenok alima nungi pilaa oer talangka lir-a aji agi parnok taküm lenmang nung len anitsü. Asenok ajak asoshi asen taküm nung mezüngbuba teinyaksü tulutibaji ali rongsen aser

khenpiga jangratem bushibaji masü, saka Tsüngrem bushia kotak nung rongsen rizüngbaji tongtibangtiba ta tan wara ajanga asenoki angazükogo südi. Rongsen aika bendenba, Gari tajung anir senzüba, Kiti nung alibajia nai Tsüngrem memetetra aser asenoki asen kibong Tsüngrem dang tashi anga aser Pa akhüm tsübutüsü manira idakjia kechi tajung aliaka?. Asenoki alima ajak ajangzükaka asen tanela samara ajia kechi asütsüaka?” Tanü asenok dang nungi Tsüngremi aginübaji Tsüngrem meimba tetsütem aser tebutem südaktsüner aser tasü ita noktaker “ Ni ozü chirnur Kibuba lenmang nung jajatsü sayutsü” ta shidaktsüner.

Khristan tetsütem nungi Tsüngremi jaklaliro asem imlar. Asenok dak item jaklaliro asemji keta lira Tsüngremi asenok moatsütsü aser asen chirnurtem asoshi asenokji temoatsü ayimba lenmang ka kümdakja amshitsü aser iba temoatsüji ano maneni parnok chirnurtem dangi aotsü, ibaji Tsüngremer tenangzükba lir. Tebutemia ne kinungtsü mapang ajak nung dangita ajungshiang aser item jaklaliro ne daka renlok dakjangma. Kechi komala jakla tetsütem dak alitsü tim itemji tali angatettsü atema ainketer Samuel tetsü Hannah tatishitsü agidi. Hannah dak item jakla asem liasü aser la kinungpu Elkanah-i ibaji la tali aintsü ajungshia yaritep. Elkanah-i Hannah dak item jakla aser sempet aliba ngua pai la akhüm tsübua benshi.

- 1. Sarasadema aliba tetsü ka :** Hannahji sarasadema aliba tetsür ka liasü. I Sam 1 : 12 – 13 nung Hannah Tsüngrem tsüngdang maneni sarasademdang Eli-i la

tebang dak ranglok ta shia lir. Lai tanela nung khukhua raa jepa sarasadem. Lai tanur ka kangasa aginü aser lai Tsüngrem la mulungsentsü ajak agi tanur ka moajang ta sarasadem. Sarasademba tetsü kaji lar kibong asoshi tekümzükba Jong-ji lir.

2. **Tamangtir tetsür ka :** Hannahji tamangtir ka liasü. La kinungpu küm shia Shiloh-i Tsüngrem külemi aodang lai pa den anitaka oa Tsüngrem külem. Anitet 23 : 14 nung yamai shia lir, “Küm nung asemben nenoki ni asoshi benjong amongtsüla”. Hannah dak tamang tulu liasü. Eli-i moaja sarasademtsürbo la tejak sangwa sangwaa kümadok. Tsüngremi lai meshiba jabasoji agütsütsü ta lai tamang tulu aka.
3. **Ochishiba tetsür ka :** Hannah ochishiba tetsür ka liasü. Lai Tsüngrem dang jabaso ka meshidang iba jabaso taküm tepiyong Tsüngrem tenzüksü asoshi agütsütsü ta nangzük. Hannah-i nangzükba ama lar jabaso mama toktsülidang Shiloh nung Tsüngrem kidang doktsü. Lai jabaso Samuel Tsüngrem nem agütsüidang jashia temulung shirangtsü melena tepela tulu agi sarasadem. Lai Tsüngrem den tezüngzüktepba yutet nung la pela.

Khrista nung temeim adianutsürtem, Tsüngremi asenok nisung shia dang asen dak mabensabatem, tetsükdakbatem, aser temulung nung tatsütepbatem ajak Pa dangi bener arudaktsüner. Pa nem asen kibong tiaji bendanga agütsüdaktsüner. Asen taküm tanaben Tsüngrem teka nung bendanga agütsüdi aser sarasadem ajanga tamang nung yindi.

Asen chirnurtem asoshi asenok tatishitsü tajung küma asen libaliro ajak nung teindang, ochishiba aser tamangdir küma litetra ibaji parnok taküm aser tanela nung teti asoshi ajenloka ayutsü aser masadangtetba Tsüngremer temeim indang lemsateptsü lenmang tajungtibaji iba ajanga adoktsü. Abraham Lincoln-i “Ni tang kechi lir mesüra kechi akümtsü imlaa atar, ajakji kütsü ajanga “ ta ashi. Asenoki asen tetsü temeim aser asen teyanglur teküzmükba temeim asoshi Tsüngrem tenung sangdi. Iba shiti azüngertem ajak, tanur aser tain ajak dang pei tetsü mapang ajak nung meima tushitsü mepishir. Netsü, nebut्सü masadangteti meimang aser la pelaa yariang. Kinungpu aser chirnurtemi nenok taküm Yisu nem agütsüba ajanga nenoki nebut्सü aser netsü nem tetushi tulutibaji agütsütet. Asen Kibur Tsüngrem akhümtsübuang aser sarasademba tetsü ka indang sarasadem akhüm tsübuang. Tsüngremi nenok ajak moajang.

La ya NÜ nung Asst Professorinyaker.

*Lanutsür rongnung Tsüngrem meimba tetsü tajung ka.
La kinungbu Dr. Wabang Pongener, Deacon,
Mangmetong yim nungi lir. Tena nem jabaso ana aser jala
ka moaja lir.*

TANTSÜR KÜMOGO SAKA MAMATETER

Mrs. Takurenla Jamir



Tetsü tajung Mrs. Takurenla Mopungchuket tsür. La ya kinungbo Lt. Bendangwati (Akhoya), sorkar tenzükba nung Evaluation Deptt. nungi Joint Director menden tashi inyaker 2007 retired asü. Pa 2011 nung alima nungi pila. Par kibong nem Tsüngremi tanur (jabaso) 3 aser semchir 4 moaja lir. Jogo Kohima nung küm 38 shi lia arur, lar ki Merhulietsa nung lir.

Mrs. T. Arenla KABA Women Ministry nung tenzükla ka ama küm 20 inyak. Lar mapang nungbo term ka temer ano shimshia inyakli ta asü nung la-a term 2 inyaker sodi agi, küm 2 anisüngzüker kulen ano term ana inyak ta ashir.

La Govt. School ka nung tesayur inyaka lir 2006 nung retired süa anisüngzüka chirnur aser semchirtem den jangratema lia arur. La aruya aliba October ita nungbo küm 80 abensatsü, saka temang nung kecha timtem mali tashi ita dang lir. Kanga tesadok, jembishinü tajung aser tamang tulu, takang Khristan tetsü ka lir. Tanela nung teti jangrua aser sarasadem nung takang tetsü, 1977 nung tekümtet tejangja angu ta ashir. La teti tanela nung temoatsü anguba Laiji T.Ken 91 ya lir aser

lai meimba ken No.155 “Kibuba Yisu Ne mulung süang”.

Joko tantsür kümer ne anogo komasa süidaktsür ta asüngdang dang lai yamai ashi – “Laishiba azünger, sarasademer aser atsü inyaka (gardening) kü anogotem süidaktsür.” Lai meimba sports rongnung football saiba meimer aser ajir ta ashir. Ano lai kaket azünger ta ashir.

Tanu lanutsürtem dang tajungshiba aser shisatsü kar shidaktsüner ta ashi dang lai yamai ashir, “Tanü lanurtemi tashi temeteteri züluba kakettem aser Laishiba mezüngner, mapang teimba ka mobile phone amshiba nung endoker. Asenoki mapang shitak nung tanurtem azüoktsüla. Tamasa ajak nung asen taküm azüoker tanurtem aser kinungbu dang asen libaliro agi sayutsüla, kechiaser Tsüngremi asenok nema asen kibong anitetsü tashi agüja lir. A. Shin 22:6 nung ashi ama tanurtemji pei aotsü leman nung mapang shitak nung sayutetra tarutsü lima asoshi tebilemtsü maka. Tanü asen lima makmakba ya tetsü kati mapang shitak nung lanurtem dang tesayutsü mesayuba ajanga lir, anungji Efesa 5:16 nung ashi ama asenoka mapang tajung alangzüker kaka südi ta tazünger ajak ayongzüker, Tsüngremi moajang”.

La tajungshiba tajung asoshi kanga pelar. Tsüngremi la nem ano maneni anema aliba aser arishi talang moajang ta asenoki sarasademtsüdi. La ama tamang tulu aser sarasademba taküm asenok asoshi senti lir.

SENOTSÜ KETDANGSÜBA NUNG TEKÜMDANG KHRISTANTSÜR KA.

Mrs. Asenla Akang

Tenendakbapur tebilemba teperiba leni dang anir; saka tariteper shiai anüingapongba leni dang ariteper – A.Shin 21:5.

Laishiba nung aiben dang Yisui sen indang jembiba langur. Asenoki senotsü koda ketdang asür ibaji Kibuba asoshi kanga tongtipang lir ta angateter. Khristantsür kati senotsü koda ketdang asür iba jagi la Tsüngrem den tesendaktep koma lir aji jangja jangja dang sayur. Rongsenji asen sasa anguba masü. Asenok kechi aka ibaji mapang tatsüka amshitsü atema Pai asenok nem agütsüba lir, asenoki iba limai kecha bener maru, asenok kechi aka ajak Pa nungi, ajak Pa meyong, Pa kibur aser ajak Pa asoshi amshitsü agütsü. “Taribi kü meyong, hon kü meyong”- Haggai 2:8. Anungji Khristantsür ka ama Pai agütsüba senotsü ajak Pai mulungba ama aser Pai pelatsüsa ketdang asütsü asen dak nungi akanger. Tsüngrem nükdangbo asen rongsenji tongtipang masü saka koma ketdang asür ibaji tongtipangba lir. (We are accountable to HIM for what we do with what He has given us). Asen inyaksangshi aser libaliro jagi Pa nükjidong tongteta alitsü akanger, Pai asenok ketdangsür tekümdang kaka südaktsünür.

Senotsü ya asenok asoshi teyarir tajung ka, saka asen madak kibur masü. Asen taküm, kibong nung senotsü kibur kümdaktsüra lendong tulu lir. “Kechiyong sen meimbaji tamajung tapu ajak tera lir”- 1 Tim.6:10. Tamang nung mashi leni anitsü, tsüchtsü aser tejashi renloktsü ibaji ajanga, kibong jenjang raksatsü. Kechiyong rongsen teti asoshi masü. A. Shin 27:24. Shibai sen meimer sen agi tenük masüngtsü, Sayu.5:10. Anungji Kibubai asen nem kechi agütsü iba nungji temulung süa, ketdangsür tekümdang ka ka asütsüla. “Pa rongsen yari nenok tenüngdaktsü ajak agütsütsü.” Filipi 4:14. Anungji Kibubai asen nüngdak yari kechi agütsü ibaji mesamadaktsüi tajungtiba nung ketdang sütetsu atema itemi inyaktsü merangdi.

- Kibubai kechi agütsü iba nung renloka odaktsütsü merangdi.
- Azümesen mesüi aser mapang amajok nung meindoki mapa meranga inyakdi.
- Tangar akaba menükshili, asen kechi aka iba nung temulung süa lidi.
- Takok tashi senotsü apua mamshili, sentsütsür ka mesüli.
“Tapurji taputsür kilir lir”. A. Shin 22:7
“Shinga danga sentsütsür teküm”. Rom.13:8
- Baki (credit) nung osset magitsü merangdi.
- Lalushibong mesüli, kanga kümdanga sen amshidi.
- Tangar nungi meshiloka, apuloka mamshili.
- Yabo maliyonga, magiyonga, machiyonga ajungtsü ta

asübatem bushiteta endokdi.

- Asenoki kwi aa arur iba dang tali meindokli.
- Pei tashi dang nungi tera agi teküpokba nung litetsü merangdi, kechiyong asen tashi dang nungi temaba nung lira lendong lir.
- Asüng indang bilema takok tashi tanü rizünga yudi.
- Kidangi sen (ita sen/wages) bener marudang budget ka yanglur ataang aser iba nem ita tepiyong anidaktsüdi.
- Asen senotsü, rongsen nung teimla teyu. A.Shin 11:28 shibai pei rongsen dak temulung lemdir pa tsüktsü.
- Takar aser sensaker ajaki senotsü amshiyim nung shisa kaa telemtetbatem agitsü akok, kechiyong Tsüngremi shisatsü tajung agütsür.
- Tsüngrem nem Pa shilem tagütsütsü shitak agütsüdi.
- Temeim mapa inyakba nung melakli.
- Mulungsoa agütsüdi, yaridi, “Tejungnü takümji kaa kümdaktsütsü” A. Shin 11:25.
- Tsüngrem mapa asoshi agütsüdi.
- Taginüba (wants) aser nüngdakbatem (needs) balala meteta yudi.
- Sen kechi nung aser kwi endok zülutena yura taruba ita nung nai nü sen tekümdangba amshitetsü.
- Senotsü renloktsü asoshi ne semper/skills amshiang. “Rongsen angutsü ain agütsübaji Pa lir” Tazungkunem 8:18.

- Pei sasa azüoktetba taküm ka südi.
- Ketdangsür tajungi lai inyakbaji Tsüngrem asoshi ta mamadoker.
- Tekümdang ketdangsür kaji shisa taka aser temeim agi sünga lir.
- Laji Tsüngremi temulung lemtetba kilitsür lir.
- Lar senotsü ketdangsüba yimya jagi lai Tsüngrem kodaka meimer aser akümtsübur patakaji sayur.

*Kechisa ne ket agi inyaktsü ajurudir nai inyakang,
kechiaser na aolen asüym nung mapa mesüra
tebilemtsü mesüra temetetba aser shisatsü
kecha mali.*

Sayu. 9:10



*Terasaba anogo nung rongseni kecha majangzüker;
Saka temeshibai tasüba nungi kümzüker.*

A. Shin 11:4

TAKUM KULI

Mrs. Merenwala Jamir



Tamasa Yisu khrista Temeim salem iba osang azünger ajak dangi abener. Kü taküm kuli lemsateptsü maongka agütsüba atema Miim Shiti Editorial Board aser Women Dept. dang pelaba lemsateper.

Kü taküm tanur asüandang nungi tsürapur aküm nung pa temeim angateta ina atu. Aser Christian activities ajak nung shilem agi liasü, Child/Sunday School nung teimba shilem agibaji ken atenba nung liasu. Tsürapuri Tsüngrem aküm tsübutsü, ajemalua tashi angatsü teti kibok nung sayutsüngia aru. Lanur ka küma tain akümdang Youth Revival, Crusade, Retreat balala nung tena aru aser Tsüngrem dang nai kü taküm arishi tang moaja lira taküm tepiyong Na tenzüksü ta nangzüik aser Tsüngrem nem bendanga agütsü aser Servanthood Bible College, Dimapur nung Tsüngrem O bushitsü tenzüik. Ni yangji azüngdang Pa o bushiba den külemi activities balala nung shilem agia arudang Pai kü nem ken ajanga kuli asütsü tejangja sempet agütsüogo ta ni ngutet aser mapang ajak nung shilem agia aru. College temer külen kü dangi full time

Ministry tenzüksü Tsüngremer tajaba ka Süngratsü Baptist Arogo nung Christian Education Director inyaksü tajaba aru. Yangji inyaka lia kü nem life partner asütsü kinüngbo tajung ka moatsü aser 2014 küm kibong aküm. Arogo nung sodi agir Kohima yimtiba nung arua kibong tenzük. Tsüngrem dang ni teti yamai Sarasadembaji ni full time metenzükaka ozü kibongi Tsüngremer tenyaba mapa nung tashi anga shilem agitsü ta nangzük. Kü dak tajung meliaka Christian Education Ministry nung Sunday School Tesayur ka inyaksü 2018 küm kü nübu asüngdang, aser pelaseta tenzüka-a aru.

Lia aodang kü dangi meimlaba kangki khuret tulu ka aru aser aji kü kinüngboi Tsüngrem temeim memetetba ajanga achi ajem mazüoki lia aru. Iba ya ajanga kibong nung meshitetba timtem aika agütsü. Yakta tang kü mulungjangi ya aru, ni alima talangi Missionary moaka kü nem iba khuret agütsü südi ta angateta aru. Ni kodang kibong akümstsü mapang atong “kü den Tsungremi mangdang nung ya sayua liasu. Kü dang Ola tejangja agi yamai jembí” Tenü nü Temokoji (knee) nü kinüngbo asoshi süang ta jembí (Let your bowed knee be consecrated for your husband). Kibong nung mekoktetsü khuret arudang mapang ajak nung iba ola ajanga kü den jembipet jembí. Ni temokok agi ali nung tsüketer kü kinüngbo atema Tsüngrem tsüngdang tilaküma tazüngla küma Pa den sensakasemtsü tenzük aser anepdang, aonung , anüngdang metitemi nüksü sa nüksü laloa sarasadem. Lai nung T. Ken 56:8 nung ashiba ama “ kü nüktzü nai nü

pong dang nung rizünga ayur. Itemji nü ket nung melika ma ? “ 2019 küm ajungbena kü kinüingbo temang nung mokoktetsüsa timtem tulu atalok aser hospital nung amongtsüsa aküm. Pa hospital nung amongba mapangji Tsüngremi pa Tanela jenjang renemtsüba mapang ka liasü kechiaser ni pa asoshi küm 5 tashi nüksü yima sarasademba Pai pa nüksü pong dang nung rizünga yuja liasü. Tia maka 10th July 2019 küm pa taküm iba lima nungi pila-a ao. Pa meliaka Tsüngremer wadang nung metitemi inyaka arudar. Tsüngrem dang yamai sarasadem, ni shiba asoshi sarasademtsütsü ta asüng dang. Tsüngremi lanur kibong nung temesepba chia ajemer asoshi sarasadem jang ta jembi nung item kibongtem asoshi sarasadema arudaki. Tsüngremi mapang tetemsü nung langzütsü tamang akar. 2021 December ita tetenzüklen Tsüngrem nem tenüngsang akütsüba sarasadem aser ano 2022 küm ni asoshi kechi sendong lir ta sarasadema liasü.

Iba aongnungji kü dang yamai mang dang ka sayu. Ni tenla kidang mena lia Rev.T. Chuba-i kü dak temeyong agi toa na stage-i atung ta aiben aja. Anungji tsübuseta atu nung kü nem licence ka kanga junga aleper ya nü meyong, na agiang ta sür kü ket nung amoktsü, aoksar sak nung pung mang liasü. Kanga shisabulua kechi ataloktsü ta tsübua bilem. Christmas aser New year amongi ozü yim Sungratsu-i ao, iba mapangji Alongchen Baptist Arogo nung Women Pastor inyaktsü asoshi kü den tongtepratepa liasü saka menangzüki tanaben Kohimai aru. Ano manenisa kü nübo asüng dang iba mapangji ni kü

pungmang nung Licence agütsüba to bilema aru aser ya shitakba Tsüngremertajaba südi ta bilemer hai ta nangzük. Ni iba Arogo nungji 1st May 2022 nungi kü wadang tenzüka-a aotsü sendong lir.

Item kuli ajanga ni Tsüngrem tali taroktetba nung angateta aru. Aser kü dak inyakba kuli zülüaka mezülumatsü, shiaka meshimatsu. Tsüngrem temeim koda tulu.

Temeim osang azüngertem, ni ya tang ajungshinür, aseni kopika Pa anasai aor pabikaji Pai asen anasai arur. Kibong aika nung apuani, chirnurtem Tsüngrem temeim tejangja angateter aliba kibongtem aika lir. Saka ni ama kar kibong nung kangki khuret mekokteti bena lira ibaji nü mission wadang tulutiba ta angateti. Aseni koda ajemalua tila akümer patakaji aseni Tsüngrem sentsüwangshi daktsür.

Luke: 9:23 “ Kari kü sülen arunüra Pai pei sasa tesükshima aser pei kangki anogoshia apur kü sülen anitakang.”

Tsüngremi iba osang azünger ajak moajangma.

*Ajemalu aser kibuba tsübuba sempetji,
Rongsen, Tetushi aser Taküm.
Apijemtsü shin 22:4*

NERA TAKET TEBU KAJI TUSHITSÜ TIM.

Mrs. Imsübenla Aier

Mera taket ta asünung aji akhümket mesüra tajinütsü aketba, kechisarena nung tajungtem ajak tabensa aketba dangji ajar. Mera taket tebu ka dang Akhümdong ta ajatsü akok. Aser tebu kaji kibong nung akhümdong ka lir. Tebu kaji 'akhüm' koba dang English nung 'shade' ta ajar iba dena metemdangtsü akok. Ki ka nung kilem(roof) ka tonger- tsünglo, anü tatsük, yipru tesashi nungi kümzuka ayuba ama takum nung kechi jenjang ajuruaka iba ji kokteta aser anitetba tebu kaji iba akhüm (shade) agutsüsangji lir. Akhüm ta asüba ojang ya abstract noun ka lir. Aser aji asenoki angur saka mekongshiteter. Feel süteter, meteter saka mekongshiteter, iba amaji tebui inyakbatem asenoki angur saka mekongshiteter. Tebu kati agutsüba akhümji iba amaji lir, angur aser metetaka arur saka mekongshiteter. Aser iba akhüm kodang tebu ka dak lidir iba jagi asenok nem **anisüngzük, tepela, tesunep, temulung lemtetba** agutsür. Aser iba ama tebu ka dang mera taket tebuka ta jatet aser iba amala tebu kaji tushitsü tetemsü lir.

Kibong nung tebu kaji jangratemtsü ka Tsüngremi tetenzük nungi tabensa nung tetemsü nung yanglu. Alima

nung tebu ka jenjangji kanga dang ulura. Kibong nunga paji tekolak aser pa akhüm nung alitsü yanglua toktsü. Kibong ka anir aotsü asoshi tebu ka teinyaktsü tulu lir. Eden tsüki nung aibelen asüba ajanga alima nung alidang belemseta inyakerang chiyongtsü angutsü Tsüngremi ashi. Yamaji tebu ka khuret tulu bener pei kibong kodaser tangar menepa tejak leni aotsü ta asüba nukjidong tulu nung obalai tebelem jenti arema ola madoki kibong bener aor. Iba amala tebu kaji mera taket tebu aser tushitsü tim masu no?

Tebu kaji kibong nung rongnir ka ama lir. Tzüyim nung rong anir-i yipru mepung tesashi aruyonga pa tashi ajak agi rong telungi meyoktsü mechi meranga rong air aoba ama, tebu kati teti kibong nung khuret tulu suaka, tila suaka ajakji arema bentetba ajanga kibong nokdakteter. Tebu kati timtemji pa tejak nung kodanga majittdaktsüi pa sasa dang abener aser chirnurtem nem tepela agutsür. Iba amala tebu ka nem akhümstübu agutsütsü aser tushitsü tim masü no?

Tebu ka nem tazüoktsü aser kechisarena madak kibur asütsü tashi agutsü, Lipok 1:28.

Tebu ka dak:

1. Bangdak /Ozung (authority) lir. Yohan 6:38

Pei mulungba nung masu saka Tebui mulungba inyaktsü. Kibong ka yangertsü asoshi pei tashi, pei mulungba nung yimsu asuba nung masu saka Tsüngremer ozung nung pei kibong tiptema yangertetba.

2. Temeim (affection) lir. Yohan 5:20

Tebu kati pei chirnur tem meimer. Tebu ka temeim ji tema nung angutsüsa mesüaka obala dak aliba temeim ji mapa agi sayur. Iba temeim jagi temulung jang telungtiba tongteter.

3. Telongjem (fellowship) lir. Yohan 16:32

Kidang obala lira tesensen aser tetsübu kecha mali lemla lemla tasu ita alir. Langpang sünga chiyongtsü aser rongsen kidang meliaka tebukati kidang kulemi longjema alibaji teronem tajung adoker.

4. Akhümtsübu (honor) lir. Yohan 5:22-23

Tebu ka akhüm tsübuba dang masu saka obalai chirnurtem Tsüngrem nungi anguba senmang ta angateta pei chirnurtem akhümtsübur aser Tsüngremer tesayuba nung tanurtem aniteter.

Item ajak ya tebu ka dak aliba ajanga mera ket keta kibongji repranger.

Mera taket tebu ka ta asübaji tapu ana nung angatetsü akok:

Mezungbuba nung, mera aketba tebu kaji tema terepangtsü nung dang mera ket keta reprangba tebu ka asütsü akok. Tetezü pei sasa shisadangtetba, pei atongba aser pei ngutetba akhüm kija nung kibong anitetba. Pei nükdangbo mesura tangar nükdangbo kibongji meren merena kanga junga anir amai, jangratemtsüka amai angutsü akok, kechiba ta sura tanur education tajung aguja, aben süoshi tajung aguja, ano lokti balala nung shilem tajung agiba ajanga mera taket

angutsü akok. Item mapa ajak ji junga inyaka, tanurtema tajung akumtsü akok aser pei-a jenjang tuluba tajungba nung mentetsü akok. Item ajakji tajung, nungdaker aser mera ket keta angur, saka pei taküm nung aser kibong nung Tsüngrem O meimba nung, Tsüngremi aginüba ama benshiba nung aser sayuba nung tera yanga melira iba kibongji lisem nung yangerba kibong ama ka asütsü. Tsüngrem tsüngsü nung mejajara aser kibonga manira, Tsüngrem O nung mejajai, mesayutetra kibong ji merabo keter ama saka pei kija shi aser rongsen agi merangzuktetba kibong asutsü. Mera bo keter saka tabensa masu, tushitsü atema teperi masütsü.

Tanabuba nung, mera taket tebu aser tushitsü tetemsü kaji, tebu ka ya kibong nung (a) putir ka ama alinung ajak dak alaka, tamasa pai Tsüngrem O agizüktsüla, aser Tekumtet tejangja aliba takum ka asütsüla. Tsüngrem den tejangja temba yimer, Pa O meima, aser ibaji benshia aser sayutetba tebu ka asutsü nungdaker. Tenungsang ken zuluri, T.Ken 1 nung, 'Kibuba ozung nung jangra atemer aser Pa ozung nung mangli sangwali pai shisadanger' ta ashiba ama, tenungsang ken zulur den shitettsüla. Ezekieli Tsüngrem O achi aser aji ninang mojitsü ama tanang liasu ta Ezekiel 3:3 nung zulua lir. Ninang mojitsü ama tanang Tsüngrem O ya lir, anungji Tsüngrem O tanang ya chir, benshia aser sayur ka asütsüla. (b) Tebu ka ya kibong nung temulung lemteter ka lir: Abraham otsü kodang shisadangdir, Isak tenla daki bener atodang, pai tebu dang asungdang, “oba, ajiang, mi aser sungpong yangi lir, saka tarungba tenla asoshi sanbo kong ali?”, “Tsüngremi pei sasa asenok nem agutsütsü” ta Abrahami langzü. Lipok 22:7.

Tarongba tenla bener meliaka, Isak tebu Tsüngremi moatsütsü ta asüba nungji temulung alem. Abrahami Tsüngrem meima, Pa O benshia aser parnok dang sayuba ajanga, temulung lemtetsü sa par jabaso pa dak tamang liasu. Iba ama temolung lemtetba tamang Tsüngrem den aser kibong nung katettsü kanga dang tongtipang lir.

Chinese nunger shin O kati ashir. “Putu kati süngdong atemer aser tanabuba putu nung alir tem iba akhüm nungji alir”, “One generation plants the tree and another gets the shade”.

Asenoki 2 Samuel 9 nung zungra, idakji Yonathaner jabaso, pa akhüm nung chubar kidang lia, chubar langpang nung chiyungba angur. David chubai, Yonathan akhüm nung, par jabaso dang temeim sayuba aser moatsüba asenoki angur. David o Yonathan na otsü kodang shisadangdir Yonathani ochi asoshi tebu Saul anema or David kumzukba aser David o Yonathan na tsüngda temulung lemtetba tesendaktep asenoki angur. Item ajak yongang, Yonathanya ochi nung tasü tait aser temulung lemtetba taküm ka liasu ta meteter. Anungji, pa (Yonathan) meliaka, pa akhüm nung par jabaso liasu. Shin oi ashiba ama, tebu kati Tsüngrem O meima, benshia, sayuba ajanga tarutsü putu asoshi akhüm tajung agutsür aser tabensa nung mera aketba tebu ka akumer.

Mera taket tebu kaji sobotsü tajung sobur misura pei kin subotsü teperi sobur aliba ama tema tereprangtsübo tebur junga aser mera keta reprangba kisungji masu saka tebu shibai Tsüngrem tsüngken tsübua, pa temelaba nung alir, iba kibong

tepela nung alitsü. Pa metsü alima nung tashi tulu aser tindang putu moatsütsü. Pai inyakba ajak nung azük aru aser rongsen pa kidang alitsu. Tsüngremer sobutsü sobur kibong nung ketdang asüba ajanga mera keta, kibong noksa abensaba angur.

Iba amala tebu ka nem kodaser tetushi magutsütsü? Mera keta aliba tebuji tushitsü tetemsü lir ta asenoki angateter.

Alima tongpang ulura lirko. Tebutam tebilemtsü khuret jenti lir saka tebu shibai Tsüngremer sobutsü sobur rara yonga odir takokba tongpangji pa meyong lir. Tebu ka teinyaktsü shilem tulu lir. Anungji shisakaa pei kibong khum danga yangertetbaji takokba korang tulu lir. Tsüngrem metetba nung pei kibong atsübanger anira obaji kecha agia rakpoka aitsü makoktsü. Tekumzükba kibong ka alitsü.

Tebutem! Alimai na mera ket keta reprangdar ko. Abraham tamang ama ochi tamang alitsü. Noa ama pei kibong temenen nungi kumzüka ayutsü. Yob ama mapang ajak nung sarasadem sobutsü sobur alitsü. Gideon ama tanishir obendanger aser ainkar ka ama alitsü.

Alima nung kibong tajung ka yangertetbaji kecha rongsen agia malizüktetba temoatsü tulu lir. Shibai iba ama tebu ka kumtet aser kibong yangertet pa mera taket tebu ka aser tushitsü tim lir.

Humor Page

Innocent Sunday School Children's Bible statements:

- ... The first book of the Bible is called guinnesses.
- ... Adam and Eve were created from an apple tree.
- ... The Egyptians were all drowned in the dessert.
- ... The epistles were the wives of the apostle.
- ... One of the apostles was Mathew who was a taximan.
- ... Solomon had 300 wives and 700 porcupines.
- ... Thou shall not admit adultery.
- ... Moses died before he reached Canada.
- ... Samson slew the Philistines with the axe of the Apostles
- ... A Christian should have only one spouse. This is called monotony.
- ... A worried mother does a better research than the FBI.
- ... A kid asks his dad, “What’s a man?” The dad says. “A man is someone who is responsible and cares for their family.” the kid says. “I hope one day I can be a man just like mom!.”

CHALLENGES OF PARENTING IN A POST MODERN SOCIETY



Mrs. Lanula Panger

“ Today we are living in a world of waste and wonder, a world of poverty and plenty, where people have come up with Companies to trade across all lands. But in the process, they have swelled and got much bigger than we ever could have planned. We'd always had our wants but now we can get it so quick. We could have anything that we dreamed of in a day with just a click, or by simply pressing a button. We noticed that the families have stopped talking. That is not to say that they never spoke, but the meaning must have melted and the work-life balance broke. The children's eyes grew squarer and every child had a phone. They filtered out the imperfections but amidst the noise, they felt alone. Every day the skies grew thicker, till we couldn't see the stars. We drive around in cars all day in circles. We have forgotten how to run, we swapped the grass for tarmac, shrunk the parks till there were none. We filled the sea with plastic because our waste was never capped. While we drank, smoked and gambled, our leaders taught us why. It's best not to disturb the lobbies but more convenient to die.” (Excerpts from ' The Great Realization')

The above Excerpts clearly depicts the present day scenario where parents are struggling to adopt and adjust our lives in this Digital World.

Parenting has become a daunting task for most parents in our present times. The reason why parenting has become quite challenging is due to the fact that our lifestyle is rapidly changing with newer requirements and demands being instilled into our lives. Maintaining a balance between parenting duties and work has become fairly stressful for parents as a result of which many married couples are beginning to cut down on the number of children they should have, while a few others are outrightly rejecting parenthood.

In this Article [As I pen down my thoughts], I would like to highlight a few challenges which I have seen in my own parenting experience, as well as those that I have observed. I am certain that many of us can relate to some, if not to all the challenges.

Balancing Family and Career

We often feel torn between professional and parenting responsibilities. When we are focusing on one, we feel like we are neglecting the other. This is a common dilemma for today's parents, who often have packed schedules. It is truly a challenge to carve out and deliver the gift of time for both on a regular basis. Likewise, children have packed after-school schedules, which leave them with little or no time to simply be

with their parents and siblings preparing a meal together, doing household chores while enjoying each other's company.

Time Management

One of the most imperative parenting challenges today is the scarcity of time. Parents have to complete office tasks, perform household duties, look after children, and render voluntary services to various Unions and Organizations. Parents face difficulty in reserving time for each of the work in the best possible way. However, if the same works are planned with better time management then we can reserve time for all the works without letting our children suffer at all. We cannot move ahead and focus solely on one particular work while neglecting our parenting job. Children need fair attention from parents and if their needs are not looked upon, they may suffer from ignorance and become a victim of inferiority complex. Our society, being Patriarchal, perhaps mothers are the hardest hit in this area.

Changing Moral Values

Children today are different from children in the past generations because of societal and modern cultural influences. In this modern age, majority of our children are outspoken, fearless and less obedient and in a hurry to be independent of their parents. Many children are involved in undesirable activities because they have not been taught proper moral values by their parents. Due to lack of moral principles, they fail to distinguish between right and wrong

and get more attracted towards acquiring inappropriate behaviour patterns like drug-addiction, gun-culture, trans-gender issues and homosexuals to name a few. The world they live in today is less predictable and the system does not offer much help to parents who are trying to raise responsible children.

Invasion of Homes by Mass Media

Our children in today's generation are digital experts and parents are facing new challenges on how to discipline their children. The entry of mass media and audio-visual media on children could be quite damaging. Technological gadgets like cellphones, computers, play stations and internet constitute the world of the children of this age. Social media is good but we cannot downplay its negative influences. Our homes are invaded by media culture which takes its toll on family relationships as parents no longer spend time with their children while children have little or no interaction with their parents. Our children need to be informed about the hazards regarding excessive use of the internet. The internet has become one of the most useful technologies in our recent times but unless it is regulated and monitored by parents, it has the potential to destroy our homes. Our lifestyles have been deeply affected, our social lives have been disrupted to the point where it is even affecting our mental health. This is going to be costly. We need to wake up.

Lack of Emotional Bonding

The attachment and relationship between parent and child is very much like a rope. Each positive interaction between parent and child adds a new thread and strengthens the overall emotional connection or bonding. Today, due to a lack of emotional bonding between children and parents, many children hesitate to open up to their parents, refrain from sharing their troubles with their parents and seek attention from their friends or virtual online friends instead. Recognizing, knowing and understanding the feelings and emotions of each other is very important in creating an emotional bond for a strong parent-child relationship.

Alarming Cases of Depressed Children

Many factors increase the risk of developing depression that negatively impact self-esteem; such as obesity, peer-problems, bullying in academic institutions as well as at home by elder siblings, academic problems or victims of physical or sexual abuse. Many homes today have highly qualified youths sitting at home with no job avenues to exercise their expertise which ultimately leads to depression. It is a known fact that today, many youngsters are battling depression in silence. Parents should be able to recognize the changes and give all possible help and support to solve such issues.

Internet Substituting Parents

The impact of internet today is so immense that the role

of parents is becoming less significant than it was in the past. Many children turn to the internet to find answers and solutions to their problems instead of seeking help from their parents. They are aware that google will give them the correct answers rather than the parents who are technologically backward. Since we cannot prevent our children from interacting on the internet, we should at least understand how the internet works and know how to monitor and control our children's usage of it, because children today more than ever before need acceptance, love, respect, spiritual and emotional support as well as material comforts from parents.

Parenting today is going through constant evolution, and as such, we need to update our knowledge of our children and their world. Five vital points are suggested for better parenting in today's world.

- We should understand the world a child is exposed to. Unless we do this, we will never understand why children act the way they do sometimes.
- We should give our children room to grow and should not suffocate them.
- We should respect our children and when we do that our children will respect us in return.
- We should give our children more of a listening ear and not scolding, or dishing out instructions always.
- We should discipline our children when there is a need for that.

Parenting in the post Modern Society is tough. It's hard work. It takes investing time, effort and energy.-That can be hard after a long day at work. But it's an investment that has lifelong dividends. The challenges are difficult and many. So how do we, as Christian parents deal with these challenges?

Our Heavenly Father has given us the responsibility to teach our children the love of God, “ *Train a child in the way he should go, and when he is old, he will not depart from it. (Proverbs 22:6)* “ *Impress them on your children, Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.” (Deuteronomy 6:7)*

We are to love God, teach His commandments to our children and live each day by the guidelines in His word. God emphasized the importance of parents teaching the Bible to their children. The church, Sunday schools or any other resources cannot replace or take this responsibility from us. Today, temptations and struggles are way too many for our children to cope with , but if our children are deeply rooted in Christ, no earthly forces will succeed in leading them go astray from the loving care and protection of our Heavenly Father.

We need to ask ourselves, 'Who or what am I serving?' Am I serving Christ by the way I spend my time, money and abilities, or am I striving to please and live up to what is

acceptable and seemingly necessary in the eyes of the world? If God is the central focus of our home, God will definitely help us evaluate and bring clarity to the challenges we face with Truth, rather than the cultural standard.

Many challenges we face as parents have more to do with us than they do with our children, because we love our children and want what is best for them.

But underneath some of the choices we make, and the pressures we give into without really putting any thought into them, are driven somewhat by how it will reflect on us. It is very important that we recognize where we are tempted to be driven by pride in our parenting.

The grace of the Lord brings healing and hope to the weary and discouraged parent who feels like they just can't provide their child or family with what the society deems necessary for success. When we try to keep up with the ways of world rather than ways of God, we will be pulled down into a never ending spiral of defeat and stress. It is our rightful duty to bring all our burdens to God and be filled with His Truth so that we can easily recognize the unrealistic and unhealthy expectations that we may be placing on ourselves, which God never asked us to carry.

Each family is unique, with a different set of circumstances, challenges and personal convictions. If we prayerfully ask the Lord's direction and seek wisdom from the Bible and other godly men and women in the process of

forming the personal convictions of our family, then we can humbly be confident in those convictions.

God knows our circumstances, our children and our unique challenges. He ordained them for His purposes, and God will use them in His time and way for our good and for His glory. He will equip us for what He has called us to and will lead us in wisdom, truth and grace in humility and learn to view our role as a parent through the lens of the gospel and an eternal perspective.

Like our children seeking our help and guidance, God is our faithful parent to whom we must turn to for guidance. God will strengthen us in the fight against all modern challenges of the world as we pray, grow in the truth of His word, and rest in the confidence that we have no one to please but the One who is our Lord Jesus over every parent's decisions, failures, and successes.

But from everlasting to everlasting the Lord's love is with those who fear Him, and His righteousness with their children's children" (Psalms 103:17)

IDA SCUDDER (1870-1959)

Rev. Yashila Jamir

Ida Scudder, otsü 100 Christian Women who changed the twentieth century. Helen Kooimani zuluba kaket nungi zulur.

Missionary Dr. John tetenzüker (pioneer) nungi tenzuka küm 1100 shi, par kibong nungi missionary lirana (42) tashi America lima nungi Indiai arua mission mapa tulu inyakba otsü ya alima nung kanga nungtuko mission mapa aser otsü lir. Par lima libaliro jenjang tajung ajak toktsür India lima tepetzük tia nung alirtem den taneptsüba mapa aser Tsüngremer tesangwa yimli dangi anitentsü, temulungtetba tulu nung arua putu pezushi (four generation) par kibongi India lima nung Tsüngrem temeim mapa tulu tesüngmangtsüka jungkai adoka inyakba tanü tashi alima ajaki temoatsü süa taneptsüba mapa nung temoatsü anguba mission lir. Koba dang Christian Medical College, Vellore ta jar aliba asenok ajaki angashia meteta lir. Scudder missionary mezüngpubaji Dr. John Scudder, shiba Ida Scudder tebu (grandfather) lir. Dr. John Scudder II, ya Ida Scudder tebou (father). Pa ya Scudder adianu tebur tenet rongnung

tanubosang (the youngest of the seven Scudder brothers).

Ida arishiküm ter pezü alidang, parnok tanur terok America nung kinüngertem den toktsür tetsü aser tebu Dr. John Scudder II India limai missionary inyaktsü ao. Ida Young Ladies' Northfield Seminary, Massachusetts nung azüng. La idakji jangratema zünga ali. Iba hostel nung yimya kaji aonung light ajak aseptsü telatet ozüng aguja liasu. Saka “Lights out” sülenji ayirtemi otsü atongtepa asatepba kazutsüji kanga sapuasa benshia liasu. Parnok rongnung tetisa lemsatepba onükji, iba tesem nungi or kelen na kechi mapa inyaktsü ta lemsatepbaji kanga buluasa jembitep.

Mapa ka lir, ibaji ni kodanga meinyaktsü. India nung kü tsürapur aser Scudder missionary ter pungu inyakdar saka nibo Indiai maotsü. Ni tanga jangratemtsü mapa ka dang inyaktsü, ta Idai medemtsürtem dang ajangajanga ashi.

Iba mapang nungji osang ka la dangi aru, “Netsü shiranga lir, aser na nungdaker”. Tepelatsübo! netsü tanaben ajurutsü Indiai oang aser ner kinunger senti Scuddertem ama missionary ka kümang, asenok jogo munguyutsü ta la medemtsüri ashidang, Idai tetsüng agi ali ajema, tenük tuluka lapoker medemtsürtem dak rangloka repranga langzü, Masu! Kudasür nenoki kü dang ya jembir, kechiyong ni maotsü, kodanga, kodanga aser kodanga maotsü.

Tetsü shirang junga kümer Americai meyipa arutsü tebilemba nung, Idai short term missionary tenung amer Indiai aru. India nung tsürapurtem den ajurua longjemba mapangji

tesungmangtsü mapang tajung ka liasu. Saka tetsü temang kanga mejungi akum nung tetsüi lai bena aliba mapangtemji tongzüka aben. Mapang tatsüba atema inyakerdangji ta bilema lai kanga meranga inyak. Kidang kilung mapa achayanga inyakba den, Hindu boys' school, kaketshir noklangka shi aliba school ka nung sayu, aser Hindu girls'school kaketshir rokerti aliba school achayanga reprangtsü lemozüka ama inyak. Item tanurtem den inyakdang temulungjang tepela jangratem parnok nungi ngua liasu. Idai la molungjang nung teti nenshia jembiba ola kaji “Reprangang Ida Scudder, nai item tilatem saputsü ne molungi mejangrar na, 'Bilemteter südi! Na kodanga missionary maotsü', kodanga masü kodanga masü aser kodanga masü”.

Tebu sülen mapang shia temeket yimtsüngtem sümasa jajar kidangi shilanger kulen, nisungtem tepetzük tia indang bilema la temolung kanga ronga animesüngszüktetisa akum. Kaonung la medemer Annie Hancock, shibai la missionary mapa, tammang nung aliba nisungtem dangi tesangwa milen tsüklokba mapa kanga nükshiasa liasü, la dangi shiti ka zulutsü tenzük, “Temeim Annie, ibai amang kanga menur, ne dangi zulutsü, kü room nung, kü jakdang ne shiti ataloka yur zulus. Kubu pa room nung mapa inyakdar, kutsubo mejanga ogo, la temang kanga tajungba kümogo, ni memesüki nai missionary mapa kanga jangra kechiyong kü dang nungi na tanela taküm tashi taitba. Nai iba tesem kanga meimtsü. Ni imdangi arua nükla nung nai Indiatsür kibongtem süma, aser tetsütem ajurua jembitsü, tetsü karbo taküm tepiyong ki jara pezü kupok

shibanger dang alir. Aser parnok kanga dang tanur, oda asenok dang nungi kanga tanutsürtem.” Iba shiti tezuludak nung kima nungi nisung kati ja a angashi. Akhi ama meshimetsür kar südi ta bilemer, langka nüngdak asü, ta kishi lapok nung aso tajung tar talang Hindu nunger Brahmin caste ka pa kanga shisabulur amai temang atentena aser ola junga madoktetika, ni ne teyari nüngdaker, kü kinungtsü tanur asotsü mokoki timtemer, nosotsü yarirtemi meyariteter aser la ya asütsü ta ashir. Ammal, la ya temeimtsü tetsür ka lir. Angashiba agi nenok America nungi aru, nenokibo yaritetsü ta ni bilemer. Kanga aria bilema Idai ni masü, saka kubuang Dr. pa ajuruang saka nisungba jagi langzü, koda kü kinungtsü anepalutsü tebur ka la roomi yoktsü no! Ibayongjibo la tasüang tajungba ta shir oadok. Paonungjisa Muslim nunger tanubur ka arua la dang mepishia ashi, na ozü kidangi marura kü kinungtsü asutsüsa, aser ibaji Allahi mulungba asütsü. Ano manenisa lar school tanur ka tebu la teyari meshia la tsüng nung kongshia apudaka, Ammal missy na ozü kidangi arua kü kinungtsü nuso meyarira la asutsüsa ta mepishi.

Idai tebu roomi jashia asema tur ashi “kechiba!”, tebui la tapupang nung mashia tanemi langzü, ibai par ozüng aser sobaliba, ni par ozüng raksatsur aser anema inyaker akümtsü. Ida nai par ozüng meteta lir, tanemi ne roomi oa mejanga liang aser amua oadokang.

Ida tebui ashibaji shidak liasü. Saka lai tetsür timtemba aser asubaji meima bilem nung lenmang kar bushitsü merangba dang liasü. Lai takdangi meyipa or tanaben Annie

dangi shiti zulutsü tenzük. India nung missionary inyaktsü mejangraba khuli ajak rateta zuludang lai ama aliba pen arakzüa mezüluteti, Indiatsüri ajangshiba timtem, tejashi bilema iba khuret den la melangtepa, ni item khuret nung yaritetsü tera dang angazüka ali asubo ni langka teyari agutsüteter lila ta sasa bilemba mapang Laishiba nung tila Samuel Eli putir den aliba mapang otsu bilemteta aru. “Samuel dang Tsüngremi asemben ajangdang pai koda langzütsü pai Eli putir nungi angazüker liasü. Aser Samueli ashi, jembiangma, kechiyong ne kiliri angashir” 1. Samuel 3:10.

Saka nibo inyaktetsüsa kecha mali, Idai ashi, tetsür asem asüba yaritsür tetsür Doctor ka danga mali. Parnok dang masü saka million aika südagi. Anepdang kilir ka yoka item tetsür asem indang asüngdang, saka par asem prongla süadoker liasü. Idai la room telongi ia pillow agi tejak nembanger jepmeso. Ghonta ka shi lir lai saka tejak meyia tiptemer tebu takdangi oagi, tetsü aser tebu dang ni khu renemer. Americai Doctor azüngi aor ta ashi, anungji kodang ni Doctor zünger arudir India nung aliba tetsürtem ni yaritetsü. Yamaji Ida Tsüngremi ajaba tejangja angatet.

1894 küm la Americai meyipa or, 1895 Women's Medical College, Philadelphia nung medical azungtsü tenzük. 1898 küm Cornel Medical College, New York nung zunga 1899 küm graduate asü. La ya tetsürtem rongnung mezüng medical degree graduate liasü.

Vellore India nung medical hospital ka lapoktsü senotsü

bushir (fund raise) la den medemer Annie tensema Indiai meyipa shilang. Ida India atongdang la mapa agi la ataa dang liasü nung yakda dang mapatem tenzüka otet. Mapang talangka melei la temeim tebu Dr. John Scudder II cancer agi shiranga süadok. Tebu asüba mulungzürep tulu liasü, saka Ida molungsünap Tsüngrem nungi ngua aser la mapa ajanga la molungsungzük tejangja ngutet. Mezüngbo lai tetsürtem anepalutsü asoshi clinic tila ka lapok, iba sulen medical school ka tenzük, yangji tetsürtem atema medical training class aguja arur, tesülen Interdenominational Christian medical college affiliated with Madras University lapok. Lai Vellore Hospital, South India lapok, koba Asia nung medical centre tulutiba ka. Iba Hospital Protestant Denomination lir(40), country 10 nungi yaritepa arur. Vellore hospital nung item tashidak timtemtem anepalur. Eye clinics, mental hospital facilities, department of neurology, Physiotherapy, facilities, Leprosy research Sanitarium and rehabilitation unit, a radiation therapy ward, aser outpatient dispensary.

Aser Friday shia lendi nung shiranger yaridak (Friday roadside clinic) ken mapang la last visit ka nungbo shiranger nisung meyi ka yaria liasü. Branch hospital, roadside dispensaries, Rural health Centers, Eye camps nung küm ka nung shiranger meyi noklang ana tashi anepaluteter. Item nung inyaker Doctors, Surgeons, nurses, technicians, midwives, public health workers, pharmacists parnok ajaki taküm tasen, teyari, teyimla India tesem ajak nung aliba nebur nem bener arutsür aser Tsüngrem tesüngmangtsü temeim aser taneptsüba

mapa nung shilem agir.

Dorothy Clark Wilsoni Ida Scudder taküm otsü zülua doktsü. Otsü zulutsü asoshi Dorothyi la dang yamai asüngdang. Ne mapatem ya angudang aser item tetenzükba otsütem bilemtetang ne mulung masür no, ta asüngdangdang, “Oh, hauni, hauni, Tsüngremi kü dang kanga junga inyakogo, ta lai tasü ita langzü. Asükumtsü kecha mali, Pa nüngsangtsüba dang”, “No pride, only gratitude”.

Tsüngremi ni jatet, koba tesem nung taküm tajungtiba agi tenzuktettsü, ibajibo Tsüngremi tajungba meteta lir.

Dr. Ida Scudder 1959 küm alima nungi pila tebu dangi ao. La asüdang Indiatsür la medemertem lendi tezü anatsülen milesa mile nokdakteper la den asüpila sentep mera keta agia meinoktsü.

Ochishir aser temulunglemtetba purtemi iba tetushi angur.

La den tejangja Tsüngremi atenba lai meteta lai jaja. Item tilatem rongnung kechi mapa tajungtem nai inyakogo, Itemji nai kü madang inyakogo.

*Who rises from prayer a better man,
his prayer is answered
George Meredith*

ANEMA ALITSÜ ATEMA TAPET CHIYUNGTSÜ.



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Chiyungtsü mesüra nutrient tapu ka agi dangbo nisung ka tashi ita aser anema alitsü makok. Mesüra nisung ka shirangba mapang chiyungtsü mesüra nutrient ka kisung agi tangbo temang nung teyari magütsütsü. Nisung ka temang nung nutrients karbo aika nüngdaker aser karbo tera dang nüngdaker. Kodang nutrients ajakji asen nung nüngdakba shita chidir temang nem teyari agütsür aser anema alitsü akoker.

Item nutrients ya nisung ka temang nung aika nüngdaker - Carbohydrates, fats, protein. Saka item nutrients yabo asen temang nung tera dang nüngdaker – fibre, vitamin A, vitamin D, vitamin E, vitamin K, vitamin B, vitamin C, iron, iodine, folic acid, zinc, magnesium, calcium, manganese, potassium, sodium (salt) etc.

Nisung kati anogoshia nutrients tasazük kwi nüngdaker itemji Indian Council of Medical Research (ICMR), National Institute of Nutrition (NIN), Food Safety Standard Authority of India (FSSAI) parnoki latetja lir koba dang Recommended Dietary Allowance (RDA) ta ajar. Iba latet ya wara/mopung apir mapang shia melenshir. RDA ya linük shia balala asütsü

akok. Ano RDA ya nisung ka tasoba küm, tetsür asü tebor kechi mapa inyaker itemji apir latetja lir. India lima nung tesüsaba RDA ya 2020 küm renem. Nutrients kanga ajema achiba ajanga temang nung tashitak mesüra timtem atoker. Ano tashitak kar agi atongdangbo nutrients kar machitsüsa akümer mesüra ishika dang achitsüsa akümer. Metetsümonga nutrients machiba mesüra temang tashi ita aser junga alitsü nükjidong nung Doctor mesura Dietitian dang masüngdangi food supplement aika achiba ajanga temang nung tashitak atoktsü mesüra nedak keta aliba tashitak tamajungba akümtsü. Temang nung nüngdakba dang nungi tali chiyungtsü achiba, exercise magiba aser libaliro majungba ajanga obesity, type 2 diabetes, stroke, hypertension, kidney diseases, heart diseases, liver diseases, high cholesterol level (temang nung temo tamajung aika aliba) item atoktsü. Item tashitak dang Memenatepba Tashitak (Non Communicable Diseases (NCD) ta ajar. Tongmelang agi item tashitak dang Libaliro Benjaba tashitak ta ajatsü akok. Alima nung nisung asüba ya noklang shilem nung (71%) neter kabo Memenatepba Tashitak agi asür ta WHO ajanga ashir. Item tashitak ya nisung tain aser tantsür tamburtem dak dang masü lanurtem aser tanurtem dak-a atoker.

Kodaser temang anema alitsü:

1. Teti exercise agiang mesüra temang arakzüa mapa inyakang.
2. Ne temang nung nutrients kwika/kechisa nüngdaker item dak tali mesüra matoksai machitsüla.
3. Yi ajemba aser moko achiba nungi pila-a alitsüla.
4. Na shirangra yakta doctor bushia treatment agitsüla.
5. Tekolok aser mulungsentsü tashi ita alitsü merangang.

6. Shishilembadak ayokba terenemjem chiyungtsü melena kidang peisasa renemba chiyungtsü achitsüla.

Nutrients adenba chiyungtsü shitak achitsü tasa kar:

* **Teti Protein adenba chiyungtsü chiang:** Chi chiyungdang aser anüngdang chiyungtsü achiba shia protein adenba chiyungtsü karbosa achitsü merangang. Vegetarian protein ya masoor, naga dal, kala dal, green moong dal, kholar, green peas, chana etc item chiyungtsü nung dena lir. Aser non-vegetarian protein- angoo, an shi, entsü, ak shi, nashi shi aser nabong shi item chiyungtsü nung dena lir. Non-vegetarian protein dena aliba chiyungtsü tetibo machitsüla aser non-vegetarian protein dena aliba chiyungtsü achiba tetsüngda nung vegetarian protein dena aliba chiyungtsü achitsü kanga tongtipang.

* **Carbohydrates:** Whole grains - wheat, millets, brown rice, boil rice, basmati rice, potatoes aser sweet potatoes item chiyungtsü achitsü kanga tongtipang kechiaser parnok dak carbohydrates dena lir. Saka shirnok temang tuozük tali lir (overweight) parnoki item chiyungtsü telemtet dang achiba tajungba asütsü kechiaser item chiyungtsü tali achiba ajanga temang ajunga nung menügdakba temo bendener. Ano maida (Refined wheat flour), suji (semolina), polished rice, cheera (rice flakes) item chiyungtsü tetibo machitsüla kechiaser parnoki tashi agütsür saka parnok dak nutrients teperi mali.

* **Temo tamajung melena temo tajung adenba chiyungtsü chiang:** Ak shi, nashi shi aser nabong shi koba dang temesüng nung oshi agi *Red meat* ta ajar, parnok dak

temo tamajung lir. Item temo tamajung dena aliba shi tali chira temang tulu akümba den temang tuozük aika akümtsü aser high cholesterol, fatty liver, blood pressure, diabetes, cancer etc. item tashitak atoktsü. Temalen zülua aliba shi melena peisasa renemba angö, hamuk, kongsha achitsüla kechiaser item chiyungtsü nung omega 3 aser vitamin D nutrients aika dena lir saka red meat nungbo item tongtipang nutrients mali. Temo tajung nung omega 3 aser omega 6 fatty acid talubo lir aser parnoki cancer nokdanger, cholesterol aser temulungjang tashitak ajanga timtem ataloktsü aliba ajema kümdaktsür. Saka item chiyungtsü telemtet dang achitsüla. Ano mustard oil, sunflower oil, brown rice oil, olive oil, almonds, cashewnuts, peanuts, walnut, pistachios, sunflower seeds, pumpkin seeds, black sesame seeds, avocado etc. item chiyungtsü achiba ajanga ne temang atema nüngdakba temo tajung aika angutsü. Temalen amshir ayuba totsü tejen achiba ajanga temang rongä awaktsü.

* **Fibre** : Chana, peas, kala dhal, green dhal, fruits, vegetables, chia seeds, basil seeds, dry fruits, sweet potato, raw green banana item chiyungtsü nung fibre dena lir. India nunger kati anogo ka nung fibre gram 20 nungi 40 tashi achitsü latetja lir. Anogoshia fibre adenba chiyungtsü achitsüla kechiaser diabetes, temulungjang tashitak, cholesterol ajema alirtem aser cancer tashitak aketertem atema fibre yagi kanga yarir.

* **Mapang shitak nung chiyungtsü achitsüla**: Anepdang aser aonung chiyungba aser anüngdang chiyungtsü achiba ajakji kesa tongtipang. Anepdang aser aonung chiyungba tsüngda nung anüngdang chiyungtsü kar achiba ajanga ne

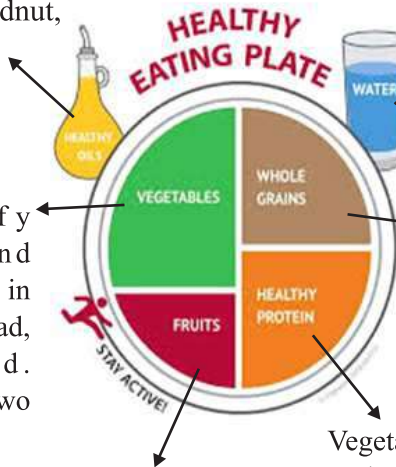
temang nung nüngdakba nutrients angur. Saka ibala mapang nung shishilembadak anguba terenemjem chiyungtsü machitsüla. Anepdang aser aonung chiyungba tetsüngda nung mapang talangka tepok tazüng aliba ajanga mela-mela-a tashitak agi atonger.

Teküpoklen aliba noksa jagi ne temang atema nutrients balala angutsü asoshi anogoshia kechi chiyungtsüsa achitsü tejangja sayur. (Figure below shows health food pattern for average healthy man.)

Mustard oil, rice bran oil, sunflower oil, olive oil, groundnut, sesame oil

Green leafy vegetables and other vegetables in the form of salad, steam, boiled. Include at least two types in a meal.

Include at least 1-2 fruit in a day.



Always choose water to hydrate yourself instead of juice or any fruit drink

Rice or atta or millet

Vegetarian protein sources such as different types of pulses and legumes like masoor dhal, kala dhal, green dhal, chana, peas, kholar etc. **OR** Non vegetarian sources such as fish, chicken, lean pork, beef, mutton etc

Otembang: Chiyungtsü mesüra nutrients tepu ka agi dangbo tashitak noktangtsü mesüra nisung kadak aliba tashitak aneptsü makok kechiaser asen temang nung nutrients balalai kulemi mapa inyaker. Temang anema alitsü asoshi mesüra tashitak keta alirtem junga akümtsü asoshi chiyungtsü tapu balala koba nungsa aseni temangi nüngdakba nutrients dena lir itemji anogoshia achitsüla. Saka nutrient tapu ka tali achiba mesüra nüngdakba dang nungi tajemba achiba temang atema miim asütsü akok. Talisa diabetes, high cholesterol, high blood pressure alirtemi anogoshia pei temangi nüngdakba mesüra temang nem teyari agütsüba chiyungtsütem tasazük shitak mapang shitak nung chiyungtsü/achitsü kanga tongtipang. Doctor/Dietitian dang masüngdangi supplements machitsüla. Mapang shitak nung doctor dangi oa medical treatment agiba ajanga treatment tai agiba aser mozü tai achiba nungi na kümzüktsü

Imsütola Jamir, Dietitian, KABA nung soa ainba jala ka lir. La Christian Institute of Health Sciences and Research, Dimapur nung inyaker.

TAGITSÜTAIT.

ASSOCIATE PASTOR WOMEN NUNGI

“Tagitsütaït”ojangya lenmang ana sü nung agiteta amshir. 1.Peï ajangzüksü bilema inyaksangshiba. 2.Amajok nung mapang aser tashi meindoki, tagitsü aser tajangzüik akaba mapa nung temolung aguja inyaksangshiba taküm.

Apijemtsü Shin 30:24-28 nungi asenoki lesson kar angazüksü merangdi. “Alima nung oset tila pezü lir, saka parnok kanga shisa aka.” A.Shin 30:24. Mezüngpbuba oset tilaji “Meja” parnokya shiruru tilatem rongnung ka aser tashimait. Kanga meranga aser shisaka chiyungtsü kong nungi angutsü, meranga menemteter, meyi tepiyong tani tepelem mesasai lenmang balala nungi tsüngküm tepiyong achitsü meyi mapang chiyungtsü bendena rizunger. La yimya nungi koda shisaka taküm tajungba liyonga aotsü asenoki angazüker. Oh azümesen, na meja dangi oang. La yimya bilemdangang aser shisakang, pei chiyungtsü meyi nung renema aser aluruwa pei chiyungtsü bendener. A. Shin 6:6-8.

Tanabuba oset tilaji Shisentem. La tashimait shiruru, tangari züngshia aser züngoka maliba shiruru ka dang, saka lai la jenokdak ki renema yangji tsükchir nungi kümzüka alir.

Tasembuba oset tilaji jangkok, iba shiruru tereprangtsü küsadang lenir maliba telok ka saka parnok ajak külemi dang alir telongjem tulu aliba lokti kati ayimokja mejatenaka parnoki külemi telok kümteter süngo lanu tsük menti ajak chireba chimatsür Israel

nuburtem Egypt alar tia nungi chioktsü memulung nung Tsüngremi süngko nem tashi aguja Egypt nunger lu ajonga chimatsü ozüing agutsür aser sungko telok tulu pokteta tsünusempongtsü ajak chimatsüba otsü asenoki laishiba nung angur. Longjemer kati ka dak temulung lemer inyakba ajanga taküm nung takok tulu angur. Kati ka nungi angazüka itemji temolung nung mizünga yur taküm libaliroba nung takok tulu angur, aser maksü tamakok aika nungi jenbua alir. Iba shiruru tila dak ya protein kuta lir ta ashir asenokia achir aser Holy land nung aliba neburtemia iba oset tilatem ya bendena achir ta ashir.

Pezübuba oset tila ji Sangken tetsüing pezü atenba, ali nung jua jajaba shiruru tereprangtsü tesempatsüka atenba shiruru. Levi 11:30 nungji shia lir. Sangken ya tongtipang tapu 6 lir. Parnok dang “Memerukba shiruru” ta züngshir. The great Lizard, the Gecko, the land Crocodile, the Lizard, the Sand lizard aser the Chameleon. Gecko lizard aser chameleon ya Holy land nung bulua angur Sangken ya tesempatsü shiruru ta züngshir, saka parnok maongkaji chuba kidanga alir. Mejaok saka la chuba kidang tesangwa teperi manung chima iba kilung nung koda libaliro itemji repranga alir. Oset tila pezü indang asenoki angazükogo item oset tila pezü ya takum aliba shirurutem lir. Parnoki pei jenjang mapa ajak atalokdakja tangazüktsü aketba mapa takum agi sayur asenokia parnok nungi kechi angazüker.

Alima meimchir ajakbo kaket shisatsü tulu zünga meteter malitsü akok. Takataiter masütsüa akok, lokti nung yakpang sür anir dang ajakbo masütsüa akok. Teyangluri nisung shia jenjang balala pei dak apet moatsür, saka meimchir ajak pa mesükba nung tapensa takum kaka yanglua lir. Tanü alima kanga küra melenshia ainba putu ka, tanü tapet aser jungjunger ta bilembaji asüngbo takum yimya den jogo mepeti küma doker alir. Aiben asenok zübazülema

alidang alima neburtembo talangka oadoker alir. Anungji aiben mashi memetet aser mangshi ta ashitsü maksü amai ajangshia arur. Miima kidang kilung nungi dang süaka asenokia angazüka meteta alitsü maongka aika asen meküta lir. Tatishitsü agi news paper azüngba phone aser television nungi tagitsü tajangzük aketba shisatsütem bushia angazükba, kaket balala aser laishiba azüngba item nungjagi aser teyari tulu angutsü. Item tilateri bushia shisatsü ngur, takum nung benshia alitsüji kanga tajung kidang tang liaka terabo angazüker, meteta lira asen sasa dak temulung lemteta tasü ita kümdaktsür. Medemertem nungi akhümtsübu (Respect) angur. Anungji kü daka tashi lir ibaji Tsüngrem akhümtsübua benschitsü ta jangraa azünga aliba mapang amajok nung meindoki iba, Melena tangazükba tasen karbosa anogo shia angazüktsü merangra item sempetji amshia aser benshia taküm jangratem tali ngua alitsü merangdi. Oset tila rongnung ka saka takum tajungtiba jenjang ka ajangzüktetba takum kaji asenoki ajangshir aotsü. Shibai miim shisatsü bushi, pai ibaji angutsü. Bushiang aser nenoki angutsü Mathi 7:7

*A single grateful thought toward
heaven is the most complete prayer
Gotthelf Lessing*



KABA SFC Training





Holistic Ministry, Impur





Holistic Ministry, Yaongyimsen



Sisterly Care, Aoyim, Dimapur



KABA Kiyim Lanutsür Learners Cell





Widow's Connection



Seradong ama temeshiba nisung ažiıkarutsü;

Lebanon nung cedar ama pa meitsü.

KİBİBA kidang parnok tema lir. Ozü

Tsüngrem talidak parnok ažiıkarutsü.

Tasa mapang nung parnoki ano süngjang

tangtsüitsü; parnok süngtziı agi sünga

kümyanga alitsü.

T. Ken 92:12-14

