



## BELIEVERS EASTERN CHURCH

World Church Headquarters, St Thomas Community  
Thiruvalla - 689 103, Kerala, India

### KELNGOICHINGPA LEKHATHOT

January-February 2026

#### **Kangailut Kelngoichingho jouse chuleh Houbung sunga tahsan umho jouse henga**

Apa Pathen, Chapa Pathen, chuleh Lhagao Theng Pathen min in tuleh tonsot in. ✠ Amen.

Phat chesa ni phabep chun eihon kut thupitah cheh ni inamang tauvin ahi, hichu Christmas leh Theophany chu ahi. Hiche chu Vannoi losoh Houbung sunga dinga Christa hinkho chungchang vetsah a athupicheh ahilhonne. Christmas hin I Pakaiyu mihem a ahung pen thu akomu in, hichu I Pakaiyu Jesu Christa **Hungpen** thu ahi. Theophany vang hin Christa **Kiphondoh** chungchang thu akomu in ahi. Hiche chu Ama Jordan luiya Baptize achan chu ahi. Hichea chu Pathen chu Trinity ahidan akiphong in chuleh Jesun jalhanga Pathen na atoh pat thu akimun ahi.

Tun vang Great Lent phat chu ahunglung tan ahi.

Eihon Bible a imu u chu ahileh Jesun leisetna Pathen na atohpat masang chun Aman ni somli angol in ahi, chuleh hiche sunga chun Aman Satan lhepna chu anajou vin ahi.

Eiho jong Ama tahsan le anung jui hina jalla Ama dungsunna hinkho manna phat neiding kou ihiuve-hiche chu ilhagao u hinkho suhthah le nouthah a aumna dinga changvalla hihen jalhanga hijongleh ibol diu ahi.

Lent nikho loupi hi anngol a kihambol,taona chuleh lungheiya Pakai anga kineosah a kisuhthengna phat sung chu ahi. Tu kum a hi Lent hi February 15 a akipan in chuleh April 5 leh kichaiding ahi. Hichea chu I Pakaiju Jesu Christan thina gal ajoa lhanna konna athodoh kit iman u Easter nikho loupi leh kichaiding ahi.

Hiche Lent sunga Lhagao lam kitoitah na dinga a khombul thum Houbung Thengin eipeh u hi boldingin kahin tilkhounom in ahi: **Anngol, taona, chuleh thilpeh bolding.**

#### **1. Anngol**

Jesun an angol chun Satan in ahung lhemin song ho chu changlhah so soh a Ama tahsa gilkelna chu subulhit ding agot sah in ahi. Ahin Jesun hiche lhepna chu hiche thu aseiya kon in ajouvin ahi, “Mihem chu changlhah jengseh a hing ding ahipoi, ahin Pathen thu a hingding ahi”. Hichea Pakaiyin eihil u chu ahileh mihem tahsa ngaichat sangin alhagao ngaichat hi athupijoi tichu ahi. Eiholeh eiho kingaitomma kihambol-ipi ineh em, ijat ineh em –anngol kitihin Pathen a kipum ngaiding dan ajil doh sah un ahi. Ijakaiya ijakaiya chung a Pathen in ingaichat jouseu eipeuvin ahi.

Ahin anngol tah tah kiti chu bu ngol seh seh a akichaipon ahi.

Bible chuleh Church fathers hon eina hil u chu ahileh umchan johsoh phalou ho jouse jong ngol ding ahi: Thulah lou seinomna ham, lunghan, miseiset, sumpsel thangthip, ahilouleh tulai khantouna ho phat guhmang sahna, social media ha manval, phone sih sih jeng ham, phatseh a gol nop thanop na jenga kipumpehna ho jong ngol ding ahi. Hiche ho chun hetman louva thip behcha soh banga einakai mangtheiyu ahi. Hiche ho kithujo sah louva hiche ho ijothai tengleh Christa dia ilungsunguva mun ipeh u ahi. Chutia chu Christa isunguva hungkhanglen ding ahi.

## **2. Taona**

Taona jaolouva anngol kiti hin lhagao lam'a amanlutna bei ahi. Hiche jeh a chu Houbung thengin hiche phat sunga hi nilhah sehleh taona agon ahi-tahsan umjousen taona a Pathen kom abel uva chuleh ngaidamna leh Pathen milungsetna angeh dingu ahi.

Hiche chungchonna chun Houbungin taona hinkhoa manchah thaneitah khat jong eipeuvin ahi-hiche chu Jesu Taona chuleh taona khao ahi. Hiche Jesu taona tichu “Pathen Chapa, Pakai Jesu Christa chonse kei neilungset in” kiti hii naniseh taona khat in mangchan . Hiche taona hi Taona khao toh anamangun mitheng chemasa ho chun tantih neilouvin ana taojouvin ahi. (Colossian 4:2, 1 Thessalonica 5:17)

Hiche Jesu taona chu isei uva taona khao chu ikhutjunghouva itham jinguva ahileh hiche taona chu ilungsunga lutding chuleh hiche chu Pathen lungthim toh ikiguijopnau semdohna dinga akhellam dang ding ahi.

## **3. Migenthei ho kithopi**

Migenthei leh panpi ngaite kithopina hi Pathen chakhat hina a poimo tah khat ahi. Hongphalna leh midang hepina aumlou leh, anngol leh taona jong bukim dehlou ahi. Isaiah themgao in eihilu chu ahileh Pathen lunglhaina aangol kiti chu vaicha genthei leh donlouva um ho gakhohsah chu ahi (Isaiah 58:7).

Great Lent phatsung hi Pathena dinga ikitepna hou athahbeh'a suhging kitna ding lehinei igou ho midang jong hopding – gunchu tah leh chingthei tah a malam nojing ding ahi. Pakai Jesun hitin aseije, "Tahbeh a kaseipeh nahiue, hiche kasopite holah a aneopen khat nabolna chansu chu Keima neibolnau ahi" (Matthew 25:40).

## **Lampi phabep anatoh'a napohdoh thei ding ho:**

### **1. Kikhopna jouse ah na insung mite toh kikhom jin**

Great Lent phatsung hi Houbung dinga Jesu nungjuina dinga kholjinna phat lemchang tah ahi. Mimal anngol leh taona akichepi banga hi, insung leh houbung pumpin jong chepi ngai ahi. Hibang chun, insungmi ibon chauva niseh a nilhah lang taokhomna hi ijao jing diu ahi.

### **2. Chamna in abulpanin**

Jesun'n aseije: "Chuleh tao dinga nadin pet leh van a na-Pau jongin nasuh khel nau angaidam theinan koi itobang hijongle nalung dou chu ngaidamun" (Mark 11:25). Mi vetda, galmi, ahilouleh midang ngaidam theilou na kiti hohin Pathen toh iki gamlhat sah ahi. Hiche jeh ahi, Houbung in Great Lent hi khat leh khat Kingaidamtona phat in akipanin, chule eiho jong hiche kikhopna achun ipang soh keijun ahi. I-chung uva thildih lou bol ho ngaidamu hitin, midang chung a ibolkhelnau jong ngaidam kithumu hitin, kineosahpumin, kikhentelna mun ho ah chamna semu hitin, chuleh Christa a tipumkhat hina din kham bol u hite.

### **3. Lung heija chuleh chonset phondoh ding**

Lhagao Theng in chonsetna ahinphondoh ding ho chu – lhahsamna ho leh chamkimlouna ho, hiche hohi Pathen kom ibel nading uva Lent phatsunga poimo tah ahi. Lung lhadah hih in. Lungtheng sel in na lhinlel naho phongdoh in, lung kish toh kineosah pumin, Pathen kom ah Ami hepina kithumin. Nangma lhepna tampin avel vela nasuh boijong leh, lung lhadai hih beh in. Na pastorpa komin lung sa-ih louhel in phongdoh in, aman nataopeh intin chuleh nangma lhagao lungmong in tin dam jong nadam ding ahi.

Houbung sunga lhagao lam kipuihoi nading manchah pha tahtah um ahin, hiche Great Lent sunga hi nasatah a naphatchom pi thei ahi. Hiche hochu ahileh Niseh'a Pathen Thutheng simding ho, niseh'a Lent taona phat ho, chuleh niseh'a mimal ding leh insunga dia Liturgy Taona bu ho ahi. Hiche manchah hohi phatah'a namanchah leh Great Lent hi nang ding leh Houbung dinga phachom lseh ding ahi.

Kangailut tah kachate ho, hiche anngol nikho theng sunga hin hatna leh damtheina Pathen in nape cheh tauhen tin kahin taopeh uve. Aman chihna leh thil hetkhen themna jong napeu henlang, Ama thupeh ho juijou ding in hatna napeu hen, chuleh Ami ngailutna na chung cheh uvah um hen. Keima Christa jala lhagaova napau jong hiche Lent sunga hi nangho toh kalsong khom kahi, chuleh eihon ibon chauvin Pakaija kon phattheina kithum cheh'u hite.

Pa Pathen, Chapa Pathen chuleh Lhagao Theng Pathen ngailutna chun ibon chauvin eilamkaiju hen chuleh mitheng ho leh sahchungnung Mary ho taopehna chun Pathen Laltouna ang-ah tu leh tonsot in ivengbit jing tauhen. ✠Amen.

Mipa ngailutna leh taona,



✠**Moran Mor Samuel Theophilus Metropolitan**

**Date:** 21 January 2026

**Place:** World Church Headquarters

