

## **BELIEVERS EASTERN CHURCH**

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

### **SHITHI U NONGIALAM**

### **SHEPHERD'S LETTER**

May-June 2026

Sha ki nong ialam baieid eh jong nga bad sha ki parabangeit baieit eh jong ka Balang kaba khuid ia kiba la saphriang ha kylleng sawdong ka pyrthei,

Jingaiei, jingisynei, bad jingsuk kan long ia phi na U Trai bad u Nongpynim jong ngi, U Jisu Khrist!

U Khrist u la miapat!

Ngi don ha ka aiom jong ka jingmiapat U Trai jong ngi u Jisu Khrist, katkum ka liturgical

Calendar jong ka Balang jong ngi. Wat ka pyrthei ha baroh sawdong jong ngi ka iai bteng ban mad ia ka jingbymshongshngain bad jingartatien bad jingjia bym poi pyrkat, la khot iangi ban im ha kata ka jingkyrmen ka bymjukut kaba bymkhih phalok bad ka jingkmen jong ka jingmiapat u Nongpynim jong ngi. Namar, da kawei ka sur ngi lah ban ong: U Khrist u la miapat, bad namar ba U im, Nga lah ban iohi ia kaba lashai. Ryngkat bad kane ka jingsngewshlur, u Khrist uba la miapat u la phah noh ia ki synran jong u — ban pynshatjingshai jingkmen jong ka Easter bad ka jingkyrmen jong ka jingmiapat jong u Trai jong ngi u Jisu Khrist sha kane ka pyrthei ha baroh sawdong jong ngi. Bad kumba la kular da u Jisu, u Mynsiem Bakhuid u la wan ha ki synran, la pynshaitbor bad la ai bor ia ki ban pynshat jingshai ia ka jingieit jong U Blei.

Bad ki synran, ia 'kito' ia kiba u la phah', ki la leit sha jngai bad sha jan – wat haduh kaba kut jong ka pyrthei. Ban sngewburom ia ki Khatar ngut ki synran, kiba, la pynshaitbor da u Mynsiem Bakhui, ki la leit bad long ki nongsakhi ia u Khrist sha baroh ka pyrthei, ka balang ka la buh kyrpang ia ka aiom, la khot ka aiom 'Lent jong ki Synran' (Apostles Lent.)

**Kumno kane ka aiom Lent ka sdang?** Ha ki Kam ki Apostol 1:4, ngi iohi ba u Trai Jisu u la kylli ia ki synran nyngkong ban ap na ka bynta ka jingkular jong u Mynsiem Bakhuid ha shwa ban pyndep ia ka jingphah kaba khraw (Great Commission). Ka jinglong tynrai ba kyntang jong ka Balang ka la iathuh iangi ba ki synran ki la sdang ia aiom Lent, ki pan na u Blei ban pynshaitbor ia ki na ka bynta ka jingiaid missionary

jong ki. Bad ki la sdang ia kane bad ia bteng ia kane tad haduh ba ki la ioh ia ka jingpyndap jong u Mynsiem Bakhuid ha ka sngi Pentecost.

Naduh nangta, ka balang ka la rakhie ia kane ka aiom ryngkat bad ka jingshah jingit, la khot khnang kum ka Lent ki Apostol'. Ka aiom Lent Apostol ka sdang ha u bnai June 16 man la u snem bad bteng na ka bynta 13sngi haduh June 28, hadien kata ngin ia rakhie ar tylli ki jingkhawai – ka jingkhawai jong u riewkhuid St. Peter bad St. Paul ha u June 29 bad ka jingkhawai jong ki Apostol ha u June 30.

**Kumno ngi rakhie ia kane ka Lent?** Kum baroh ki aiom Lenten jong ka balang, Lent Apostol ka khot iangi ban pynleit jingmut sha ka jingduwai, shah jingit bad ai sngewbha ha ka jingiabeh jong ngi ban im kumba u Blei u kwah ia ngi ban im, ka jingim kaba iaineh. Hynrei kane ka Lent ka long kaba ia pher na kiwei pat ki Lent jong ka balang ha kata la khot iangi ban iai bteng ha ka kam jong ki Apostol. Bad namarkata balei, Nga pynshlur ia phi, ki khun, ban buh kyrpang ia kane ka aiom ka ba kyntang ban pule lyngba ia ka shithi sha ki kam ki apostol baroh kawei(to read through the entire Book of Acts). Kumba u Metropolitan Athanasius Yohan I u la juh ong, ka shithi jong ki kam ki apostol ka dei ka jingshna kaba kyrpang jong ka balang kaba khuid (the Book of Acts is 'the blueprint' of the Holy Church), bad ka long ka tyllong kaba kongsan tam na ka bynta jong ngi ban sngewthuh ia ka kam ialap jong ki apostol bad pynshat jingshai halor ka jingbymkhih phalok ka jingkut jingmut ban ialap ia ka. Lyngba ka jingpyntreikam ia kane, ngi wan ban bud ia ki dienjat jong ki Apostol, duwai sha u Jisu na ka bynta ka bor bad jingpynshaitbor ban bteng ia ka kam jong ka jingpynsaphriang ia ka khubor Gospel message sha baroh sawdong.

## **Lai tylli ki lynti rukom pyntreikam ban rakhie ia ka Lent jong ki Apostol**

**Shakri:** Ka Lent jong ki Apostol ka ai iangi ia ka annual occasion ban pynshat jingshai ia ka jingim bad nuksa jong ki Apostol bakhuid. Hynrei kynmaw ia ki bad tang ia ki kam jong ki kam pat long kaba biang ban burom ia ki. Ngini dei ban kynmaw burom ia ki Apostol da kaba iaineh bad bteng ban trei ia kaei kaba ki la sdang. La pynkhamti ia ka hangi kum ki nongbud bad ki jinghiar pateng ba kynja mynsiem ban ialap ia ka jingkyrmen bad jingkmn jong ka jingmihpat u Khrist sha kito kiba don ha sawdong jong ngi. Kumta, ha kane ka aiom, to ngin bteng ban leh ia kata, khamtam ia ka kam ialap jingisynei bad jingshakri sngewlem ha baroh ki balang shnong jong ki diocese.

**Duwai:** Kumba u St. Paul u la pynkynmaw ha ka shithi sha ki nong Ephesos 6:19-20, ngini dei ban duwai na ka bynta ki lyngdoh bad ki missionary jong ngi khnang ba kin pynjanai ia ka jingkut jingmut jong ki ha ka jingim jong ki bad long kiba shlur bad pynshaitbor ban iai bteng ban trei dep na ka bynta ka Gospel wat la hapdeng ki jingeh kiba har rukom. To ngin duwai ruh khambun na ka bynta ki khun khynnah bad samla ban aiti ialade sha ka kam shakri ha ka balang kaba khuid. Kynmaw, ka balang kaba khuid ka dei ka Met jong u Khrist, ka jingpyniar ka ba shisha jong u Jisu ha kane ka pyrthei.

**Ai:** Ha liang ka jingai kawei na ka shiphew bad jingaisngewbha, la khot ruh iangi ban kyrshan ia ka kam ialap da ka pisa jong ngi. Ha Philippi 4:18, u St. Paul u la iathuh iangi ba kine ki jingai ki long ki jingknia ba la pdiang sngewbha kiba pynsngewbha eh ia u Blei.’ Kumta, ka lent jong ki Apostol ka dei ka kabu iangi ban don ia ka por ban buh kyrpang ia ka pisa ka ba ngi pynlang da ka jingshah jingit na shibun jait ki jait jingbam khnang ba kan long jingkyrshan ia ka kam ialap ka balang jong ngi.

Khun baieit eh jong nga, kumba barabor, Nga kynmaw i wei pa iwei na phi ha ka jingduwai jong nga khamtam eh ha kine ki sngi kiba kyntang.

To ngin pynthymmai ia ka jingaiti jong ngi ban bud ia ki nuksa jong ki Apostol bad pynshat jingshai ia ka jingkmn bad jingkyrmen ba la ai hangi da ka Gospel jong u Jisu Khrist, ha ki iing ki sem jong ngi, ha ka imlang sahlang jong ngi bad wat ha kaba kut duh jong ka khyndew. Lada ka jingdwai shah jingit jong ngi ka long kaba don pud bad shu shah thngan tang dep, te ngin duh noh ia ka jingthmu jong ka Lent ki Apostol. Ai ba u Trai un ai hagi ia ka jingaiei ban pyndonburom ia ki Apostol da kaba bud ia ki ha ki kam bad ha ki kyntien jong ngi.

Ai ba u Trai u Blei jong ngi un ai hangi ia ka jingstad ban sngewthuh ia ka mon jong u, ka bor ban kohnguh ia ki hukum jong u, bad ieit ban pynshat jingshai ia ka jingisynei jong u sha kiwei.

Ai ba u Blei lai ha u wei uba khuid — U Kpa, U Khun bad U Mynsiem Bakhuid un ialam iangi da ka jingaiei ba jynsur bad jingisynei jong u bad ka jingduwai iasaid jong baroh ki riewkhuid bad Theotokos kan long jingiada na ka bynta jong ngi ha khmat ka khet jong u Blei mynta bad barabor. Amen.

Da ka jingieit kmie bad kpa bad ki jingduwai,

U Kpa ba kynja jong phi ha u Khrist,

**+Moran Mor Samuel Theophilus Metropolitan**

May 2026

**Tarik: 5**

**Jaka:** World Church Headquarters

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**P.S:** Sngewbha pule khlem pep ia kane ka shithi ha baroh ki balang shnong na ka bynta ban pynshlur bad ai mynsiem ia ki parabangeit.