



BELIEVERS EASTERN CHURCH

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

KELNGOICHING LEKHATHOT

May-June 2026

Vannoi muntin'a um tahsan umtah Houbung mithengho jouse le Kasahat Kelngoiching ho jouse Huhhingpu Pakai Jesu Christa'a konin ngailut, khoto chule chamna chu nabonchau chungu umta hen.

Christa chu Athoudoh tai!

Eiho church liturgical calendar dungjuiyin Thokitna phatsung in ium jing'uve. Vannoi kol kimvel a um mihem ten makho ding hettheilou le kicholdona neihih jong leu, eiho vang Huhhingpu Thokitna chu geldoh jing puma eiki kounau kinepna leh kipana a chun kiling louvin pangdet jingu hite. Hijeh'a chu, eihon Christa thoukit ahia, Ama ahin jeh' chun, nikho hunglung ding ho kaki maitopi ding ahi tia lungkhat tah'a isei theiyu ahi.

Hiche lunglet nale hansanna pum chun, Thoukit Christa chun A seijuite koma – ikim vel'uva um vannoi mite anga Easter kipana le I-Pakaiyu Jesu Christa a kinep thokitna chu anei diuvin atem'un ahi. Chule Jesun akitepna bangin, Pathen mingailutna chu solchahho a kona mite muthei dingin Lhagao Theng thil bolthei thahat chu seijuiho ana chang'un ahi.

Chule solna chang Solchahho chu, leiset kichaina kolmong geiyin ana kalsong un ahi. Chutichun, Seijui som le ni ho chu, vannoiya Jesu Christa thupha seiphong dingin, Lhagao Theng chu thahatna apen, Lent phat sungin houbung tundoh ahito lhonin, Apostles Lent tin ahung kiminvon tan ahi.

Hiche Lent hi iti hung kipat ham? ow did this Lent originate?

Solchahte lekhabu 1:4, na'ah Thupeh Lenpen (Great Commission) suh bulhitna dinga Lhagao Theng hung kisol ding chu ngah jinga aum diu Pakai Jesun a seijuite koma ase chu eihon imu've. Houbung chonna theng (sacred tradition) Solchahho chun Lent phat sungin missionary natoh apat theina diuvin Pathen a konin thahat anathum uve. Chule hichu Pentecost nikhoa Lhagao Theng hung kibuh lhah'a lhagaova adim phat chan geiyun aban anajom jing uve tin tradition chun eihil un ahi. Houbung in a itih in, Apostles' Lent kiti phat hi anngol taonan thupi tah'in ana mang jing'un ahi. Hiche Apostle's Lent hi kumseh le June 16 a kipanna nisom le nithum (13 days) June 28 chan ahin, kut ni hichu – Feast of St. Peter leh St. Paul June 29 kiman jouva hiche Feast of the Apostles hi June 30 nikhoa kimang ahi.

Hiche Lent kiti hi iti kiman ham? Houbung a kimang Lenten phat kimang ho banga, Apostle's Lent jonghi tahsan umtah hinkho, Pathen bou ngaito lunggel a anngolna, taona chule thilpeh hinkho chu ahi. Ahin hiche Lent hi Houbung a Lent dangho kimang tovang achom deuve ajeh chu Solchahho mission natoh aban jopna chu ahi. Hijeh chun, chateho, hiche phat theng sunga hin Solchahte lekhabu sunghi hiche phat sunga simjou tei dingin keiman nangho katilkhon nahiue. Eihon ingailut tah'u Metropolitan Athanasius Yohan I Solchahte lekhabu hi Houbung Theng a dinga "blueprint" ahi tia anasei ji bang chun, Pathen natoh hetthemna dinga Solchahho natoh le Gospel a

dia akipehdoh nau chu ihetthei diu ahi. Chuti ahijeh chun, eihon Solchahho khunung jui dingdan gelkhoh'in, Kipana Thupha ikimvel uva umho jouse henga ithechheh theina diuvin Pakai koma thil boltheina le thahat chu kithum uhite.

Apostles Lent Manding dan Lampi Thum hochu:

Jen (Serve): Hiche Apostle's Lent hi Solchah Mithengho hinkho man akon kihilna chule vetjui/vetton ahinau geldoh'a kihilna chu ahi. Ahin hiche geldohna le jana peh maichu alhingjou pon ahi. Eihon amaho igeldohnau le jana chu amaho itohjom diu chu ahi. Eiho Ama nungjuiho chule lhagaova ason apah ho eikinganse nau chu ikimvel uva huhhingna munai lou ho henga Christa thokit kipana le kinepna seiphong ding chu ahi. Hijeh chun, hiche phat sunga hin, diocese le local parish jousen ngailut le khotona ministry natoh hatah'a bol dingin tem ihuive.

Taona (Pray): Ephesians 6:19-20 a Mitheng Paul'in eigeldoh sah bang'un, eihon boina hahsatna tamtah lah'a Kipana thupha seiphong le priest ho le missionary hon ahinkhouva hangsan tah le thahat tah'a Pathen natoh asuhjom jing theina diuvin tao uhite. Chuleh ichate inauteu vin ahinkhou houbung theng sunga Pathen natoh nomna ahin neitheina diuvin jong taopeh uhite. I-Pakaiyu Jesu Christ huhhingna thupha vannoiya alhunsogh theina ding hi Christa tahsa chu Houbung Theng hi ahiti geldoh jing'u hite

Peh (Give): Soma khat leh neitokhom ho ipehnau chung chon'a, mission natohna a sum le paija kithopi dinga jong kou ihuive. Philippians 4:18 na-a, Mitheng Paul'in hiche thilpeh hohi Pathen lunglhaina dinga santhei doltah ahi tin anaseiye. Hijeh achu, Apostles Lent hi eiho dinga anngol naleh ann le twi chohna a kona ikholdoh houva i-houbung sung Pathen natohna a ipan theina diu phat lemchang eikipeu chu ahi.

Ka ngailut-kasahat Chateho, keiman nangho changcheh'a dingin nikho theng ho iman jiteng ule ka taonan phat jousen kahin kop jing'uve.

Athah beh'in eiho jong Solchah hoa um kipana le kinepna chu ineyuva, Jesu Christa Kipana Thupha hi i-insung hou, ijat inam sung chule leiset achaina channa vetjui thei dingin ummu hite.

Eihon Anngol taona hi limit isem uva ahileh Apostles' Lent kimanlo nachu ihokhah lou tina ahi. Solchahho umchan jom ihuiva amaho seijopna le anatoh'a ijui theina diuvin Pakaiyin eikhotou hen. Pakai Pathen chun Athupeh ho, nit joutheina, chule Amikhoto ngailutna, chule Alungdei lam hetkhen them theina chihna chu napetau hen. Pathena Mithum Theng (Holy Trinity) —Apa, Acha chule Lhagao Theng kaihoina Amingailutna le khotona chule mithengte taopehna le Pathen laltouna ma-anga chun tu-le-phat jousen naveng jing jeng tauhen. Amen.

Mipa hina ngailutna le taona toh,

Christa a na Pau,



✠ Moran Mor Samuel Theophilus Metropolitan

Date: 5 May 2026

Place: World Church Headquarters

P.S: Please make sure this is translated into all regional languages and read in all parishes for the encouragement of the faithful