



## BELIEVERS EASTERN CHURCH

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

### YAOSHENBAGI CHITHI

May-June 2026

Malem pumbada sandokkhraba Ashengba Church ki eigi nungshiraba Yaosenbasing amadi Thajaba singgi maphamda, eikhoigi Prabhu amasung Kanbiba Mapu, Jesu Christa gi thoujal, nungshiba amadi ingthaba aduna loinabiba oisanu!

Christa Hinggatkhre!

Church ki liturgical calender gi matung inna eikhoi asi Jesu Christa na hinggatpagi ritu asida leiribani. Eikhoigi akoibada leiriba singna pothafam khangdana amadi khanghoudaba thoudok kayana thallabasu, eikhoigi Kanbiba Mapuna Hinggatkhiba adugi mapanna lomba naidaba haraoba amadi asha aduda leinaba eikhoibu koubibani. Eikhoi punna haiminnasi: Christa Hinggatkhre, amadi Mahakna hingbagi maramna, eina hayeng asi maiyoknaba ngamlagani. Masigi thouna asiga loinana, Hinggatkhreba Christa aduna Mahakki seboksingbu thabiramkhi — Easter gi haraoba amadi eikhoigi Prabhu Jesu Christa na hinggatpagi asha asi malem pumbada utnabagi tharami. Jesuna wasakpirambagumna, Thawai Ashengbana seboksinggi mathakta lengbiraktuna, makhoina Iswar gi nungshiba asi uthokchanaba panggala fangjaksi.

Hanna thabiramalaba Apostles, lapna amadi thungna chatkhraba – prithibi gi aroiba phaoba youkhirami. Thawai Ashengbana kalhanbikhiba, malemda Christgi maramda sakhi oikhiba Sebok Taranithoi adubu ikai khumnaba oina church na 'Apostle singgi Lent' haina ashengba Lent ama tonganna khaidoklaga thamli.

**Masigi Lent asi karmana hourakkhibage?** Paokhonchatpasinggi Thabak 1:4, asida eikhoina ui madudi, paokhonchatpasingna achouba yathang adubu thunghannaba chatthoktringeida wasakpikhiba Thawai Ashengba adubu ngaijanaba Prabhu Jesu na makhoida haibirami. Church ki ashengba tradition na haibadi, makhoigi missionary gi thabaksing adu sakti leina pangthoknaba Iswar gi panggala adubu hangjaduna masigi Lent asi houdokhi haibi. Aduga masi makhoina Penticost ki numitta Thawai Ashengbana thanba numit adu phaoba makhoina masi makha tana chatthakhi.

Matamdudagi houduna, masigi matam asibu church na chara henbaga loinana Paokhonchatpasinggi Lent (Apostles' Lent) haina pangthoknari. Apostle's Lent asi chahi khidinggi June 16 dagi houraga numit 13 chattharaga June 28 faoba oigani, masigi matungda Feast of St. Peter amadi St. Paul asi Junegi 29 da amadi Feast of the Apostles asina June 30 da pangthokkane.

**Masigi Lent asi eikhoina karamna pangthokkani?** Church ki Lenten gi matougumna Apostle's Lent asisu, thajaba yaba singgi punshida amadi Iswar yaoba punshida chingbinaba eikhoina haijabada, chara henbada amadi migi darkar taba singda pangbiba da mitpham thamgadabani. Adubu masigi Lent asi church ki ate Lent singdagi tongalli, masida eikhoibu Apostle singgi thabaksingda makha tana tounanaba koubibani. Maram asina eigi nungshiraba ichasing, eina thougatchari madudi, masigi ashengba ritu asida Paokhonchatpasinggi Thabak haiba lairik asi lina paraga neinabiyu. Eikhoigi nungshiraba Metropolitan Athanasius Yohan I eikhoigi bor phanglaba wakhalda adummak ningshingduna leiriba mahakna adum haibirami madudi, {Paokhonchatpasinggi Thabak (Book of Acts) asi

Ashengba Church ki loujapham saktam oiriba aduni', amadi Apostle singgi thabaksing asigi maruoiba machaksingni (resource) amadi Gosel saruk yabada halengba leitaba adu utlibani. Masibu eikhoina leppa leitana toubana, Apostle singgi khonggul adu eikhoina injanaba thiribani, amadi akoibada leiriba singda Aphaba Wapao sandoknaba panggala amadi sakti adu pibinaba Iswar da haijaribani.

### **Lent of the Apostles ngaknaba touba yaba lambi ahum:**

**Seba:** Apostle singgi Lent asina chahi amagi manungda eikhoina Ashengba Apostle singgi khudam amadi punshi adubu phongdoklibani. Adubu ningshingba khaktana makhoibu ikai khumnaba utpada mapung fabadi oide. Makhoina houdoklamba thabaksing adu eikhoina makha tana chatthaba asina Apostle singbu ningshingba adubu ikai khumnaba utlibani. Eikhoigi akoibada leiriba singda Hinggatkhra Christa gi haraoba amadi asha asi saruk yanaba, makhoigi tung inba oiriba amadi thawai gi charol-surol oiriba eikhoida thajana sinnabiribani. maram aduna masigi ritu asigi manungda, maruoina minungshigi ministry amadi nungshibana seba toubagi thabak asi eikhoigi singlupsing amadi diocese khudingmakta touminnasi.

**Pray:** Ephesians 6:19-20 da St. Paul na eikhoigda ningbirambagumna, Priest amadi missionary singbu amuk hanna katthokchaduna amadi thougatpiduna amasung kalhanbiduna Aphaba Wapaogi thabak asi awaba kaya lakbasu touba ngamnaba eikhoina haijabigadabani. Naha oiba kayanasu makhoigi punshi katthokchaduna ashengba singlup ta seba touba thoklaknaba haijabigadabani. Ashengba Singlup asi maleda Christabu sandokliba Christa gi Hakchangni haibasi ningshingbiyu.

**Pibiba:** Eikhoigi tithes amadi offerings, asigi mataida eikhoig missionary busu sel gi mateng pangbinaba koubirabani. Sr. Paul na Philippians 4:18, da lousinba yaba amasung Iswar bu pelhanba khudol ahum gi maramda haibirami. Aduna, Apostles Lent asi eikhoina akaknaba chinjak thodoktuna chara hellaga tungsinba sel aduna missionary singbu mateng pangibagi eikhoigi khudong chaba matamni.

Eigi nungshiraba ichasing, matam pumbada toubagumna, masigi ashengba numit sing asidasu nakhoigidamakta eina haijabiri. Apostle singgi khudam bu injanaba amadi Jesu Christa gi Aphaba Wapao na eikhoida pibiba haraoba amadi asha asi eikhoigi imungda, eikhoigi misingda amasung malem gi aroiba ngamkhei phaobada uthokchaba ngamnaba eikhoigi warepchaba adu amuk hanna nouhansi. Karigumba eikhoigi chara henba asi haijaba amadi chaba tokpa khakta oiradi, Apostle Lent ki pandam adu eikhoi fangdrabani. Apostle singgi matung inba asi wahei amadi thabakta ikai khumnaba Prabhu na eikhoibu thoujanbiba oisanu. Iswar gi aningba, amadi Mahakki yathangsing, amasung Mahakki minungshi asi nungshina eikhoina uthokchaba ngamnaba, Prabhu eikhoig Iswar na nakhoida khanghan-uhanbibagi loushing adu pibiba oisanu. Ahumda ama oiba Iswar—Mapa, Machanupa amadi Thawai Ashengba Iswana eikhoibu Mahakki thoujal amadi nunghsibaba marang kaina chingbisanu amadi Iswar gi fambal gi mamangda Ashengbasing amasung Theotokos na haijabibagi mapanna eikhoibu ngak-houjik amadi matam pumbada senbiba oisanu. ✠Amen.

Mapa ama oibagi nungshiba amadi haijabaga loinana,  
Christada nakhoigi Ipa oiriba,



✠ Moran Mor Samuel Theophilus Metropolitan

Date : 5 May 2026

Place : World Church Headquarters