

NIHGEL KHENKEI NI

Alianbel Siampipa Benedict XVI na in thungetna leh nisim nasep silbawl na te guikhat, kopkhat i suahtsak na'ng hici bang in honghilih hi. Thungetna leh Laisiangtho simna, ngaih na, lungngaihna le Laisiangtho tawh thunget na te in, nisim i nun takna ah, kha thahatna hong piakzawhkei leh, sun le zan, mial le vak nuai ah, nisim i lungkhamna leh i buainate in, i nuntak na “hu” hong lakkhiatsak ding lauhuai mahmahta hi. Haksat gentheihna leh, buaina lungkhamna te ii bawlsiatna khutnuai panin, thungetna in, thuman thutak i muh zawhngang, i muh theihngang, khua muhna thak hongguan in, lamhoih lam pha hong tunpih hi.

Thungetna nusia nuntakna in, sep le bawl, ngimna leh geelna te guaksuaksak a, thebang hawmsakin; hun khempeuh, munkhempeuh ah lungkimna leh khamuanna hong musak zolo hi. Kalkhat khit kalkhat, hunkhat khit hunkhat, sepna bawl na, zonna vaina ahi, nisim nuntak na-ah, Pasian Kammal khuavak kimakaihsakin, thunget na tawh thala a, i sep, i bawl, i kalsuan ding ahihi.

Alianbel Siampipa in, thunget na le nasep silbawl na khenkhia lo a, i nuntak pih ding in hong hilhhi. Leitungah bang bangna i sem i bawl zonin, septheih bawltheihngang akisam thupha ahi, theihna telna, cidamna ludamna, seppih bawlpih lawm le gual, tungsiah nuai siahte tawh holungtuakin, maitai tak leh, lung kituak taka na sepkhawm theihna'ng, thungetna tawh thala a, ma i panden ding hong theisak hi.

Tua thungetna in, Pasian Kammal simna, ngaihna, lung ngaihna te tawh tonkhawmden dinghi ci-in hong hilhlai hi. Tua hi-in, i nuntakna ah, thunget le nasep gawm khawm in, sun le zan simkhawmin, mial le vak zangsiam in, zingmai tai le nitakhun nuam zangdenin, Pasian le nang, nang le kei, kei le Pasian, phawk tawntunga, khending kilawmlo te khenkha lo in, gawmding kilawmlo te i gawmkhakloh nangin, thungetna leh Laisiangtho simnate tawh tha ladenni. Nihgel sinthu

khaubang hualkhawm tuibang gawmsa hi, gibangkhen kei ni:
Thungetna le Nasep!

Misiangtho te thugen pawlkhat tawh khupni:

"Silence is Prayer

Prayer is Faith

Faith is Love

Love is Service

The Fruit of Service is Peace"

Gamdai a lungngaihna in thungetna hi in,

Thungetna in Upna hi a,

Upna in Itna ahihi.

Itna in kipiakkhiat nasepna hi a,

Tua kipiakkhiat nasepna ii gah in khamuan lungkimna ahihi.

----- Mother Teresa

"Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love,

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

- O Divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved, as to love.

- For it is in giving that we receive,

It is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life."

— St. Francis of Assisi

Bulphuhlai: Benedict XVI: Catechesis, "The Profound Unity between
Prayer and Action," Given at St Peter Square, on 25 April
2012, pan tawmkha konglet khat hi.