

Ka shithi na u Nongialam jong ka Balang

January/February 2025

Sha ki nongialam ka balang ba ieid eh jong nga bad sha baroh ki parabangeit jong ka Balang kaba khuid.

Ka jingaiei, jingisynei bad jingsuk jong u Trai kan long ryngkat lem bad phi na u Trai bad u Nongpynim ba shimet u jong ngi u Jisu Khrist+.

Kumba ka jingbuh jingkynmaw, ia ka aiom Lent kaba khraw ka long kaba la buh kyrpang da ka Balang kaba khuid na ka bynta ka jingpynkhuid ia ki dohnud bad mynsiem jongngi, pynjylliew ia ka jingiadei jong ngi bad u Blei, ka aiom kaba ngi dei ban pynrit ialade, pynshad jingshai halor ka jingisynei bymkut shuh jong U Trai jong ngi, bad pynkhreh ia ka dohnud jong ngi na ka bynta ban don ia ka jingleh kmen kaba khraw jong ka Pascha (Easter).

Katba ngi la pynkhreh ia kane ka jingiaid lynti lent kaba khuid, to ai ba nga, kum u kpa ba kynja mynsiem jong phi, khot sngewbha ia ka jingpynleit jingmut jong phi sha kine ki jingai jingmut bad jinglamphrang kiba khyndiat ka ban iarap ia phi ban rakhie ia kane ka aiom da ka jingiaineh bad kit jingmut.

- 1. Shah jingit:** Ka jingpynmien jong ka jingshah jingit ha kane ka aiom Lent kaba khraw ka dei ka kam bad jingleh jong ka jingkylla kaba mut kaba shisha bad ka bor shynshar ia lade.

U Trai jong ngi u Jisu Khrist u la dep ong ha ka Gospel jong u St. Mathaios lynnong ba 4:17: “Kylla kaba mut, namar ka hima ki bneng ka la jan wan”. Ka jingkylla kabamut kam dei tang ban shu pyntip ia ki pop jong ngi hynrei ka jingkylla kaba mut ban pynphai lut ia ka jinglong ryenieng jong ngi baroh kawei sha khmat u Blei, ngi plie ia lade ban pdaing ia ka jingaiei, jingisynei bad jingpynkhuid. Bad namar kata, to wat ai ba ngin pynleit jingmut tang ha kaba shah thngan na ki jingbam hynrei ruh to ngin pynleit jingmut na baroh kita ki diengpynkiang kiba khang ia ngi ban don ia ka jingiadei kaba im bad u Blei bad ka jingiadei jong ngi bad ki parabriew — kum ka jingsarong, jingbitar, jingkhwan myntoi, jingkthang, bad baroh kita kiba pyntngit bad pynjot ia ki kamra ba shapoh duh jong ki mynsiem jong ngi.

2. Pynkhlain ia Ka jingduwai: To ngin aiti ban pynjylliew ia ka jingiadei jong ngi bad u Blei lyngba ka jingduwai.

- Jinguwai kaba man ka sngi: Ka tei ia ka jingpynmien ia ka jingduwai ba shi met man la ka sngi.
- Jinguwai kaba katkum ka Liturgical: Ka dei ka jingshim bynta lang ha jinguwai ryntih ha ka jingiasenglang kaba man la ka sngi bad jinguwai ia kaba la pynlong ha ka balang shnong jong phi, kat kumba ki la pynleit jingmut ban pynshad jingshai ha ka ban mane ia u Trai.
- Ka jinguwai jong U Jisu: Pyntreikam ia ka jinguwai jong u Jisu katno katno sien kat kaba phi lah: “Trai Jisu Khrist, Khun jong u Blei, to isynei ianga, u nongpop.”

3. Jingai sngewbha: Ka Lent kaba khraw ka khot iangi ban sumar ia kito kiba donkam ia ka jingiarap jong ngi. Kynmaw ia ki kyntien jong u Trai jong ngi:

“Kaei kaei kaba phi la leh na ka bynta I wei na kine ki parashynrang bad parakynthei jong nga, phi leh na ka bynta Jong Nga” (St. Mathaios 25:40).

a. Buh kyrpang ia ka bynta jong ka jingioh jong phi bad ki jingioh nong jong phi na ki jingioh pisa ban kyrshan ia kiba duk bad kiba donkam ha ka imlang sah lang.

b. Shim bynta da ka jinglakloi bad jingiaineh ha kino kino ki jingiaseng ba kyrpang jong ka balang shnong, ai ia ka por jong phi, ia ka sap ka phong jong phi bad ia ka pisa jong phi.

c. Pyni ia ka jingsngewlem jong phi sha kito kiba shem jingjynjar, bad pyni ia ka jingleh sbun, jingisynei bad pyntngen ia baroh ha kaei kaei kaba phi leh.

Kynmaw lyngba baroh ki jingduwai kiba phi la kyntiew sha u Blei, baroh ki kam kiba phi ai sngewbha, bad baroh ki jingpyrshang jong phi ban jop ia ki jingpynshoi, ngi khamjan sha ka jingshai jong ka jingmihpat.

Ka Lent kaba khraw kam dei kaba tang ban shu leh pyndep rukom jong uno uno u briew hynrei ka dei ka jingiasnohkti kaba shisha ha ka kam U Blei. Ngi dei kawei ka balang, bad da ka jinglong kawei to ngin ia beh sha ka thong ban bud ia ka nuksa jong u Trai jong ngi u Jisu Khrist, uba la shah jingit ha ka ri khlaw na ka bynta saw phew sngi, u pyni iangi ia ka lynti jong ka jinglen lade bad ka jingpynthymmai ia ka jinglong ba kynja mynsiem jong ngi.

Wat nym klet ban pyndonkam ia ki kot jinghikai Lenten ba la thoh bad ai haphi da ka Balang kabakhuid, kum ka jingpule ia ki dkhot baibl man ka sngi, pule bad thoh da u Metropolitan u kpa ba kynja mynsiem baieit eh jong ngi, u Moran Mor Athanasius Yohan I jong ka jingsah jingkynmaw kaba la kyrkhu, ban bsa ia ka mynsiem jong ngi.

Ai ba kane ka aiom kan dei ka por na ka bynta:

- ban puson ia lade, na ka bynta ka jingsan ha ka jinglong ba kynja mynsiem, bad jingpynkhiah ia ki jingiadei jong ngi badno badno.
- iit bha ia ka jingsngewlem jong phi ha ka jingkhuid bad jingsuba, kylla kaba mut na kaei ba phi la hap bad leh pop ha ka jingiadei jong phi bad u Blei bad kiwei ruh.
- jan sha ka jingkhawai jong ka jingphla da ka jingsngewrit, wad ia ka jingpynkhuid ia ka mynsiem jong phi lyngba ka jingaiei ka jong u Blei.
- map ia kito kiba leh bakla ia phi bad ia kito kiba wad ban ioh ia ka jingmap na kito kiba pynmong ia phi bad na kito kiba phi pynmong.
- pynrit ia lade ha khmat u Blei bad ki briew.
- pyniasuk hangno ba don ka jingia kajia bad jingiakhlad.
- iai ieng ban im kum kawei ka met u Khrist.

Nga kyntiew ha ka jingduwai jong nga na ka bynta jong phi I wei pa I wei, khnang ba ka jingaiei jong u Blei kan pynshaitbor ia phi ha baroh jong ka jingiaid lynti jong kine ki sngi shah jingit ba kyntang. To ai ba un ai ha phi ia ka jingstad kaba iadei kat kum ka mon jong U, ka bor ban bud ia ki hukum jong U, bad ka jingieit kaba bymjukut ban kner da ka jingisynei sha baroh.

Ai ba u wei lai uba khuid; u kpa, u khun bad u Mynsiem Bakhuid un ialam ia ngi da ka jingaiei bad ka jingisynei ba bymjukut jong u bad jingiasaid jong baroh ki riewkhuid jong baroh ki Theotokos ban long nongiada ia ngi hakhmat ka khet jong u Blei mynta bad shaduh ki bymjukut bad barabor.+ Amen.

Da ka jingieit kpa bad ki jingduwai,

Moran Mor Samuel Theophilus Metropolitan

Date: 11 February 2025

Place: World Church Headquarters

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