



BELIEVERS EASTERN CHURCH WORLD HEADQUARTERS

Office of the Metropolitan, St. Thomas Community, Kuttapuzha P. O., Thiruvalla - 689103 Kerala, India.

KELNGOICHINGPA LEKHATHOT

January/February 2025

Kangaitah Pakai kelngoiching ho leh Houbung mitheng te jouse

I-Pakai leh Huhhingpu Jesu Christa ngailutna, hepina leh chamna chun naumpe tauhen ✠. Sotlaipéh'a pat, Great Lent kiti hi Houbung theng in atumbéh'a; lhagao lama kisuhthengna, Pathen toh kiguijopna suhhatna, kineosahna, akhonna bei Pakai mingailut geldohna leh ilungthim pumpiuva Pakai Thokitna Nikho (Easter Sunday, Pascha tia jong kihe) hiche ho nitna phatbih khat a kimang jing ahi.

Hiche phatbih (season) mang dinga ikigon utoh lhon'in, lhagaova napau keiman juiding leh chepi ding thucheng phabep kasei nom'in ahi:

- 1. Fasting (Aan-ngol):** Great Lent sunga Aangol hin lungheina leh eima kitim jouna (self control) avetsah ahi.

I-Paikai Jesu Christa'n Kipana Thupha Matthew 4:17 a aseí "Nalung heiyun, vangam anaiatai." ati. Lungheina kitihi chonsetna ho kisibou hilouvin, ihhina pumpi Pathen henglama kile kit ding, Ama ngalutna, hepina leh suhthengna ichanthei nadinga eimatah jong kihong pela umding tina ahi. Hichejeh chun Lent season hi bu/aan ngolna bouva gellouvin Pathen toh ikiguijopna suboithei jouse i-haisan ngaiyah ahi hiche hochu - kiletsahna, lunghanna, papsietna, phatlouna chule thildang dang i-lungsung lodim jouse jong haisan ding ahi.

- 2. Increased Prayer (Taona suhpung):** Pathen toh ikiguijop nau hi taona a suhhat ding ahi.
 - Daily Prayer: Niseh'a mimal taona phatbih kiséem ding.
 - Liturgical Prayer: Local Parish tina taokhomna kigong ho gunchu tah'a jaoding ahi.
 - The Jesus Prayer: "Pakai Jesu Christa, Pathen Chapa, chonse keima neikhoton." Hiche taona hi phatseh'a lunggil sunga taojing ding ahi.
- 3. Almsgiving (genthei/hahsaho kithopina):** Great Lent hin agenthei/hahsa panpi ngaite panpi din eikou uve. Pakai Jesu'n aseí igeldoh diu khat chu: "Tah-beh a kaseipeh nahiue. Hiche kasopi ho lah a aneo pen khat nabolna chanséu chu Keima neibolnau ahi." (Matthew 25:40).
 - a. Sumlepai hileh thil leh lo hijong leh namu ho akon chun naheng/nakom genthei hahsa ho kithopi nan mangchan.

- b. Na Houbung adin naphat, na talent, na sum chuleh apoimo lai ho ah gunchu tah in pan lajing in.
- c. Thohhahsa leh genthei thoh ho khotothiemna, chuleh lungsetthemna anatoh in vetsah inlang, najo chanin lhamon in.

Sumil hih-in, taona kimang, genthei ho chungu thilphabol, chuleh lhezpa akon kivendohna dinga kihambolna hohin Thokitna meivah lama chu ipuinai u ahi.

Great Lent kiti hi mimal/changvala kihambolna hilouvin japi/mipi kihambolna ahi. Eiho Christa jala Houbung khat leh thakhat ihuvvin, Pakai Jesu Christa ni somli gamthip noiya aan-ngolpa, mimal'a kingaitomna leh lhagaova kisuhhelna eikomu pau nungjui jing u hite.

Houbung in chepi dinga asem Lenten bu, niseh a Bible simmun ding ho leh Metropolitan masa, Moran Mor Athanasius Yohan I lekhabu sut ho sim jing ding juitei ding ahi.

Hiche phatbih hi:

- Mimal kikholchenna, lhagao lama khantouna, chuleh heng leh kom toh kiguijopna damna hihen
- Nangma selepha hetna lunggiltah'a vetchilna, Pathen leh midang hotoh nakiguijopna lhahsamna ho akon lungheina phat hihen
- Kingainemna phondohna phat, Pathen hepina jala lhagao lama kisuhthengna phat hihen
- Midang ngaidamna phat leh eiman midang koma ngaidam thumna phatbih hihen
- Pathen leh mihem ho masanga kineosahna phatbih hihen
- Ki bungkhen namun hoa chamna semna phatbih hihen
- Christa jala tibakhkatna hingjing dia kihambolna phatbih hitahen.

Na mimal cheh uva din kataove, Pathen in hiche aan-ngol taona nikho theng sung hin hatna leh phattheina napeu hen. Ama lunglam hetdoh theina chihna napeuhen lang, Athupeh ho jui jouna ding thahat napeu hen, chuleh Ami ngailutna midang ho hetsah theidin phatthei naboh cheh tauhen.

May the Holy Trinity; the Father, the Son and the Holy Spirit guide us with His abounding grace and mercy and the intercessions of all the Saints and Theotokos be the protection for us before the throne of God now and always. X Amen.

Pa Pathen, Chapa Pathen chuleh Lhagao Theng chun Angailutnan eikanbom jing uhen lang, chuleh Mitheng ho thumpehna hi tu leh atonsot'in Pathen laltouna angah eivengbit jing tauhen. ✠ Amen.

With paternal love and prayers,

Moran Mor Samuel Theophilus Metropolitan

Date: 11 February 2025

Place: World Church Headquarters