



BELIEVERS EASTERN CHURCH WORLD HEADQUARTERS

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SHEPHERD'S LETTER

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Holy Church ki eigi nungshiraba yaosenbasing amadi thajaba pumnamakta

Eikhoigi Prabhu amadi Kanbiba Mapu, Jesus Christagi thoujal, nungshiba amadi Ingthaba aduna nakhoibu loinanabiba oisanu. ✠

Ningshiba ngamdraba matamdagi, Holy Church asina Great Lent asi tonganna khaidoktuna thamkhraba kum-tha amani, masi eikhoigi thawaibu shengdoknanabagidamak, Iswarga eikhoiga amatta oina tinnaba adu luthahannabagidamaktani, eikhoi ishamak nollukchanabagi matam amani, eikhoig Prabhugi mapan naidraba nungshiba adubu wakhal tounanaba, aduga Pascha(Easter) gi matik magun leiraba pallan adu pangthoknabagidamak thourang tounanaba matam aduni.

Masigi ashengba khongchat asida eikhoina yaonanaba thourang touba asida, masigi kum-tha asi phajana amadi artha leina ngakpada mateng oinaba , nakhoigi thawaigi mapa ama oina, eina akhannaba lamjing lamtak khara pijaba asida nakhoigi pukning chingsinjari:

1. **Charahenba:** Great Lent ki manungda charahenbagi cheksin kanglon asi pukning hongba amadi isha khudum chanjabagi thabak amani. St. Matthew gi Gopel pandup 4:17 da eikhoigi Prabhu Jesus Christana hairammi: "Pukning hongu, maramdi swargagi leibak nakshillakle". Pukning hongba haibasi eikhoigi papsing adubu icham chamna khangjinba adu natte adubu eikhoigi oiriba apumba Iswarlomda onsinba, Mahaki thoujal, nungshiba amadi shengdokpiba adubu phangjananaba eikhoi ishamak asi mapham hangdokchaba aduni. Maram aduna chinjak henba adudakhaktada pukning chap yungna leppa nattana, Iswarga amadi mi ateiga leinariba eikhoigi mari aduda apanba piriba pumnamk--napal, asaoba, karamba, akhaba aduga eikhoigi thawaigi kakhil manung aduda chasilliba phattaba pumnamak adudagisu thingnaba pukning changsi.
2. **Haijaba kankhatpa:** Haijabagi mapanna Iswarga eikhoiga leinariba mari luthahanba.
 - Nutigi haijaba: Nashagi oiba numit khuding haijabagi matam shemmu.
 - Liturgy matung inna haijaba: Nakhoigi parish aduda loukhatliba nutigi thouram amadi haijaba aduda thawai yaona sharuk yao, wakhal khandhanabagidamak amadi khurumjanabagidamak maduda phajaba tanja kaya piri.
 - Jesus Prayer: "Prabhu Jesus Christ, Iswargi Machanupa, pap chenba eihakpu nungshibiyu." Haiba Jesus Prayer asi yarimakhei tattana tou.
3. **Tembang piba:** Anangba misingbu yengsinnanaba Great Lent asina eikhoibu koubibani. Eikhoigi Prabhugi wa adu ningshingbiyu: " Eihakki ichil inaosing, ichal ichesing asigi manungda khwaidagi apikpa amagidamak nakhoina toubikhiba karibu oirasu, madu nakhoina Eigidamak toubikhibani." (St. Matthew 25:40)
 - a. Nakhoigi khunai aduda leiriba lairaba amadi anangba misingbu pangnanaba nahakki phangliba shel adudagi sharuk ama khaidokpiyu.

- b. Parish aduda paikhatliba thabak aduda thawai yaona sharuk yao, nahakki matam, mahei, aduga shen thangdokpiyu.
- c. Awa ana tariba misingda nungshi chanbiba utpiyu, aduga nahakna touba pumnamakta themjinbiyu.

Prathanada katchakhiba khuding, tengbang pibibagi thabak khuding aduga athembabu ngamnanaba hotnariba khudingmak asi, eikhoina Shibadagi Hinggatpagi mangal aduda henna naksillibani haibasi ningshingbiyu.

Great Lent asi icham chamna lannai gi oiba chekshin kanglon natte adubu miyam apumbana hotnaminnaba aduni. Eikhoi asi Church amani, aduna punna eikhoigi Prabhu Jesus Christagi khudam adu lounanaba hotnaminnasi, Mahakna lamjao lamhangda numit niphuni chara henduna , ishana ishabu yajadaba oinaba amadi thawaida tekkhatnabagi lambel adu eikhoida utpire.

Nakhoigi thawai tekkhatnanaba, Holy church na pibirakpa, nutigi pagadaba Shastra, eikhoigi nungshiraba hannagi Metropolitan Father, Moran Mor Athanasius Yohan I ibiba Lenten gi lairiksing adu sijinnaba kaobiganu.

Masigi kum-tha asi makhada piriba hiramasing asigidamak sijinnaba oisi:

- Ishagi maramda munna kxanthaba, thawaida chaokhatpa, aduga ashokpa mari phagathanba
- Nakhoigi achum aran khangbagi pukning adu pukchel shengna yengsinba, Iswar amadi atei misingga leinaba marida shoththakhiba mapham leiba aduda pukning hongba
- Nollukna pap haidokpagi ashengba thou aduda changba, Iswargi thoujal mapanna nakhoigi thawai shengdokpiba thiba
- Nakhoigi naphamda lallakpa mising adubu kokpiba aduga nakhoina thamoishok-hankhiba mising adudagi kokpinaba thijaba
- Iswar amadi atei misinggi mamangda nakhoi nashamak nollukchaba
- Tokhai tannaba leiba maphamda yannaba ingthaba purakpa aduga
- Christada hakchang ama oina hingminnanaba hotnabagi matam oihansi.

Eihakna nakhoi khudingmakkidamak prathana toujabani, madudi, chara henbagi ashengba numitsing asida Iswargi thoujanna nakhoibu panggal kankhat-hanbinaba haijabani. Mahakki aningba khangnaba lousing pibinaba, Mahakki yathangsing innabagi panggal happinaba, aduga mahakki nungshiba adu mi pumnamakta shandokpagi apamba mahakna nakhoida pibiba oisanu.

Mapa, Machanupa amadi Thawai Ashengba na mahakki mapan naidraba thoujal amadi nungshibaga loinana eikhoibu lamjingbiba oisanu aduga houjik amadi matam leibakhibikta Iswargi phambal mangda ashengba Iswargi mi pumnamakki amadi Iswargi Mamagi wanombiba aduna eikhoigidamakta ngakshenbiba oirasanu. ✠ Amen.

Mapagi nungshiba amadi haijabaga loinana,



Moran Mor Samuel Theophilus Metropolitan

Date : 11 February 2025

Place : World Church Headquarters