

A-i kowi lah Iskul kowi
Athawn mih : Rosanglura Fanai

Tuk kown i nau, cha tuk kown i nau,
Tukla kownkow i sang lah iskul kowi;
Sünta diah, dâr tün khai; iskul dâr, kling kling kling,
Iskul kim kowi ang ming hai haw ang, mastawr mih,
Ang ming tawi tâng khai, ming bowih kowi,
Chap kawm tukra uang na nowm khai, iskul kim.

Ang auiua paw tawi sang khai, sikul kowi,
Sowr uowi khai dow, cha sang dow;
Anging hawk klow lang tün khai;
Anging kup khe lak-e lawt mih khin khe,
A u hawt howr ang, iskul hownia ang mâng khe,
"Měn/Tüm, towng chow en sang, iskul kowi?" pahai.



*Ang tüng ang sang en mih hangkow tamata diah,
Ang kowh ana pek maten sak maiow hown chünah reng diah.*
(Chanlailawng 3:1)

**RIK SANGAH MIH MRUCHOW
A AW
HAI LAWMBAWR BOWIH**



Mruchow Christian Literature Committee
Bangladesh

"Chakramang ringkaw dow chanlaira tut chekhai"
(Chanlailawng 1:7)

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Rik Sangah mih Mruchow A Aw

Hai Lawmbawr Bowih

1st Edition : 1997

2nd Edition : 2004

3rd Edition : 2009

4rd Edition : 2014

5th Edition : 2022

Copies :

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Corrected & Published by:

Mruchow Christian Literature Committee (MCLC)

Sponsored by:

Evangelical Reform Presbyterian Church (ERPC)

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Mruchow Christian Literature Committee (MCLC)

Price: Tk-

RIK TEKAH MIH LAIKLOW

A-i Mruchow uown owm Kristian mih dow 1922 chakkrek khe chekhai. Now a-i Mruchow Thurai prakowi naiuk nasownla kownkow North East India General Mission, Churachandpur, Manipur State hownia **Rik Sangah Mih Bowih** pahai **A AW Bowih** mih uang rik lawt a-i 500 bowih khai. Nami kung kowi dow Thurai prakowi naiuk nasownla kownkow Thurai lai sang müa bowih, Baibul, Meng bowih hai akeng bowih anging thawp sangrum khai.

Naiawngün bowih naia phatla kownkow A-AW mih kaneuma asang takla chekhai. Naiawng rakowi 1997 chakkrek khe asang iachow mih chaing arup hailawm A-AW Bowih anging thawp khai. Nami bowih uang thawp anging mih dow CFB Mission hownia chekhai. Nakhawk khe kowh uang thawp anging mih dow ngakawm (50) bowih chekhai. Nami A-AW bowih dow alênma khowk khai rakowi Mizoram Makedonia Mission Board hownia uang plan thawp anging khai. Now 2002 chakkrek khe paw nami mission hownia uang plan thawp anging sumkawm (300) bowih khai. Nami kung kowi paw uang plan thawp anging tanga kawmma (500) bowih khai iawk. Naiawng rakowi Thurai ming hown Makedonia Mission luk kowi anging Mruchow chen bowk bowk takcha hownia anging tekpe awmrawm lai chekhai.

Lowra bowih thawp dow lainowmma pusa hai krat chekhai, now tangka pawisa paw ahuma lakke chekhai. Nachenganche paw Thurai prasira ahuma anging ka khai. Aizawl BCM Ramhlun 'N' hownia hai Champhai kowi kowh Pu MC Sangkhuma hownia mruchow chenchap buk hai lümla mik nathowila kownkow uang khowng anging khai iawk.

Naiawng rakowi CHAKRAMANG Thurai tut-e hai uang khowng anging miuüa tut-e mruchow chenchap hownia anging tekpe awmrawm lai khai.

Mami A-AW bowih dow ngeuüa, klanguüa hai lawngtang matang bowk bowk Thurai prakowi kür nauowila kownkow a-i sang diah sik.

Mami A-AW bowih sang mih maten kowi Thurai mih pacham khowngah lah, now pacham peah prasi lah.

ERPC hownia kowh awmrawm laiklow

Kawmat chowng kowh malauüa klanguüa naiuk nasownla ngamlam kownkow uown sang müa A AW bowih naplan lawt iawk kown mih lainowmma hau khai. Naiawng rakowi naia lawtla kownkow Mruchow Christian Literature Committee-uüa (MCLC) tut-e anging lü ana hanow amatni mih pe anging ana khai. Naiawng rakowi amatni luk kowi anging ERPC hownia tekpe awmrawm lai khai.

MRUCHOW A-AW LUNG IUK

A	AW	OW	B
CH	D	E	F
G	NG	H	I
J	K	L	M
N	O	P	R
S	T	ṭ	U
Ü	V	Z	

MRUCHOW A-AW LUNG SOWM

a	aw	ow	b
ch	d	e	f
g	ng	h	i
j	k	l	m
n	o	p	r
s	t	ṭ	u
ü	v	z	

LAK RUI CHALUNG IUK

<i>A</i>	<i>AW</i>	<i>OW</i>	<i>B</i>
<i>CH</i>	<i>D</i>	<i>E</i>	<i>F</i>
<i>G</i>	<i>NG</i>	<i>H</i>	<i>I</i>
<i>J</i>	<i>K</i>	<i>L</i>	<i>M</i>
<i>N</i>	<i>O</i>	<i>P</i>	<i>R</i>
<i>S</i>	<i>T</i>	<i>T</i>	<i>U</i>
<i>Ü</i>	<i>V</i>	<i>Z</i>	

LAK RUI CHALUNG SOWM

<i>a</i>	<i>aw</i>	<i>ow</i>	<i>b</i>
<i>ch</i>	<i>d</i>	<i>e</i>	<i>f</i>
<i>g</i>	<i>ng</i>	<i>h</i>	<i>i</i>
<i>j</i>	<i>k</i>	<i>l</i>	<i>m</i>
<i>n</i>	<i>o</i>	<i>p</i>	<i>r</i>
<i>s</i>	<i>t</i>	<i>t</i>	<i>u</i>
<i>ü</i>	<i>v</i>	<i>z</i>	

CHALUNG LAWK

T	r	<i>m</i>	K	i	L
z	<i>ch</i>	R	d	A	f
H	p	<i>s</i>	G	<i>h</i>	t
<i>E</i>	r	O	j	E	<i>ng</i>
M	u	<i>D</i>	g	b	V
m	<i>J</i>	t	P	h	L
e	I	m	<i>G</i>	n	H
<i>h</i>	Ü	ch	P	<i>a</i>	B

VOWEL HAI CONSONANT

Chalung kowi pre chaing uowi, chalung aia malowk hai uowi khai chepaw auown uowi mih chalung dow VOWEL chekhai. Nami chalung dow-a aw ow e i o u ü chekhai.

Alowk mih chalung dow aia malowk hai auown nowngia uowi dowi chekhai. Chalung takèn khuchiang auown ia uowi. Na mi chalung dow CONSONANT chekhai. Nami chalung dow - b ch d f g ng h j k l m n p r s t t v z chekhai. Consonant dow 'pre klow' pami chekhai.

PANAWRCHOW MIH LAIKLOW
(Chalung prebuk)

1.

Ba	cha	da	fa	nga	ha	ka
la	ma	na	pa	ra	sa	ta
ta	va	za				
		Lama		Uama		
		Chama		Uacha		
		Chapa		Apa		

2.

Baw	chaw	daw	faw	ngaw	haw
kaw	law	maw	naw	paw	raw
saw	taw	ta	vaw	zaw	
	Baw tün		Ang kawlawm		
	Akawmma		Haw en bow?		
	Maw nga iung		En nau bow?		
	En daw bow?		Raw min asüama		

3.

Bow	chow	dow	fow	ngow	how
kow	low	mow	now	pow	row
sow	tow	ta	vow	zow.	
	Bow chah uowi		En pa low bow?		
	Ang kow nga		Ang dow nau dowi		
	Pow rik bow?		Na bowt sow		

4.

Be	che	de	fe	nge	he	ke	le	me
ne	pe	re	se	te	te	ve	ze	

Be uih bow?	Tui sè hang kham
Chia adêma	Lawng tangê khai
Pe ang diah	En chang de bow?
Rè dow achemma	Te uowi dowi

5.

Bi	chi	di	fi	ngi	hi	ki	li	mi
ni	pi	ri	si	ti	ti	vi	zi	

Achimma	Ang ngèn chida
Risi bow?	Rua tahi khai
En pi haw en	Enchi tangi bow?
Api krau	En pahi haw en

6.

Bo	cho	do	fo	ngo	ho	ko	lo	mo
no	po	ro	so	to	to	vo	zo	

Ia lo khai	En to ang lai
En aboma	Ro tün en tà bow?
Ko hai kep	Uacho chang bâi
Aia klong adoma	Chia chah kham iawn

7.
Bu chu du fu ngu hu ku lu mu
nu pu ru su tu tu vu zu

Achu uowi Nitowng lu diah
En du bow? En pu haw en
Ang mu rau Hang ku diah
Ahuma paw diah Hang tu maru

8.
Bü chü dü fū ngü hü kü lü mü
nü pü rü sü tü tū vü zü

Bü dow alip uowi Hū lai khai
Uang mü diah Uang tūng ang
Mur rü diah Lü lu mih dow vüi asowmma
En chü lai Hang cha hawm sü

CHALUNG SUMBUK.

1
Bai chai dai fai ngai hai kai lai mai
nai pai rai sai tai tai vai zai

Ang kawng bâi Atai haw ang
Hang kûa dai ba Cham dik rai
A-u pâi ang Min lai khai
Ang pâi nau khai Ang khi khai

2.
Bawi chawi dawi fawi ngawi hawi
kawi lawi mawi nawi pawî rawi
sawi tawi tawi vawi zawi

En tawi kown bow? Ngeuüa kowi hawi diah
Pau dow ngawi khai Api dawi ang
Ang chang pawî khai Si pawî dow achemma

3.
Bam cham dam fam ngam ham
kam lam mam nam pam ram sam
tam tam vam zam.

Ang cham kowi kown Sam chang madiyah
Ang chowk tam khai Üa kâm khai
Aw kowi dam uowi reng Kim nam iungma chekhai

4.
Ban chan dan fan ngan han kan lan man
nan pan ran san tan tan van zan

Anging üa chan khai Ransu uowi dowi
Eng kân diah En uang lân bow?
Thurai nanra Ang ngân khai
Ang ran bowih Taràn mih iung dowi

5.

Bar char dar far ngar har kar lar mar
nar par rar sar tar țar var zar

Prak dow rak barlar Daktawr büah nowng dâr mu
Sarai sâr dow abürma En rân kowrma sâr bow?
Châr kowi dia cha reng Tui tawng pâr uowi bow?

6.

Bau chau dau fau ngau hau kau lau
mau nau pau rau sau tau țau vau
zau

Khawk bau khe ia mâng dowi Hang towng chau naklak
Dit paw en nau dowi bow? Tum pau anam iungma
Ang cham tu kau Pak sau chak sakdualawt

7.

Büa chüa düa fúa ngüa húa küa lüa
müa nüa püa rüa süa tüa țüa vüa
züa

Müa hown bawpah diah Ang nüa ta khowk
Hangkow tanüa Rüa madiah

8.

Bawng chawng dawng fawng ngawng
hawng kawng lawng mawng nawng
pawng rawng sawng tawng tawng
vawng zawng

Sawng pau dow nam iung
En towng chawng bow?
Tawng chow en chang?
Nahiuh ngawng dow aklangma

9.

Bowng chowng downg fowng ngowng
howng kowng lowng mowng nowng
powng rowng sowng towng țowng
vowng zowng

Deng uih ai dow abowngma
En lüing prawn uih bow?
Hung kowi aklam lang uowi
Cha kêt mih dow kowng reng

CHALUNG TALI KLÜNG.

1.

Khak khawk khowk khik khuk khük
phak phawk phowk pheik phik phuk
phük thak thawk thowk

Ting tawn miüia khowk ting reng
Phak iua phak au dowi mih dow ka iua dowi
Bowthowk khe maru lang piaw
Uan tathek now sownah diah

2.

Khar khawr khowr kher khir khur
 khür khar phawr phowr pher phir
 phur phür thar thawr thowr thowr
 ther thur

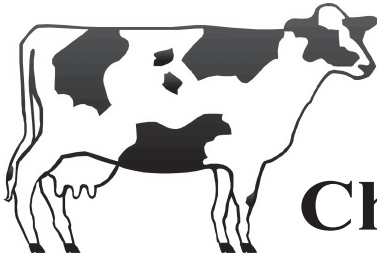
Khar ria khe chawng kowi dam kup reng
 Ua dui khe ua phowr dowr reng
 En thowr müi khe mur mowr diah
 Pau dow rau-e mur thâr reng

3


Khat khawt khowt khet khit khut khüt
 phat phawt phowt phet phit phut phüt
 that thowt thut thet thit thut thüt

Khât kowi chowm lang iung
 Phat cha reng miuüa cha lang tuk
 Aia khowt ang tuk cha dowi
 Prown ding phiow dow tui thut kla reng


<p>A a</p>		<p>A-i Ang Awn.</p>
<p>Kuar prên kowi Uaâk ahuma uowi</p>		
<p>AW aw</p>		<p>Awng Awn Awr</p>
<p>Aw kowi Dâm uowi</p>		
<p>OW ow</p>		<p>Owh Owng Own</p>
<p>Owh dow towngah reng</p>		
<p>B b</p>		<p>Baw Bia Bawn</p>
<p>Bia kowi klin tui diah ba</p>		

CH  **Cha**
ch **Chia**
Chawng
 Chiamma pên cha reng

D  **Dai**
d **Dam**
Ding
 Cham paw **Dâm** lah ba

E  **Em**
e **En**
Eng
 Eng kawng em bow?

F  **Fangka**
f
 Fangka li dow aiungma

G  **Grap**
g
 Grap uih chak nowm nowm iung

NG  **Nga**
ng **Ngan**
Ngawi
 Ngasai dow lainowmma iuk khai

H  **Hungh**
h **Hen**
Hengh
 Hungh kowi li lang uowi

I  **Iüng**
i **Im**
Iung
 Iüng sawkah kaneu

J
j



Jeep
Jerusalem
Jeriko

Jeep mawtawr dow a kürma

K
k



Kan
Keu
Ka

Kui dow tukta laima

L
l



Li
Lip
Liu

Latma uih min khawk bow?

M
m



Min
Meng
Mâng

Min dow mâk utma reng

N
n



Na
Nai
Nang

Naw hown vür tui diah

O
o



Orange

Orange dow Maruchow lai hown prownding iuh chekhai

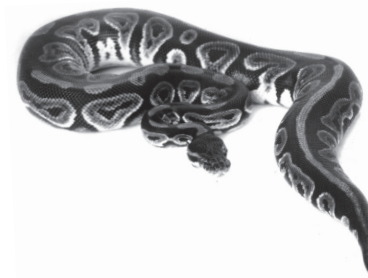
P
p



Pa
Pak
Pri

Pri dow mâk Chia reng

R
r



Ruh
Rua
Rai

Rua dow akru uowi reng

S
s



Sat
Sam
Sowm

Chowk **singh** diah bow.

T
t



Tai
Tui
Taraw

En tep **Taraw** kown bow?

T
t

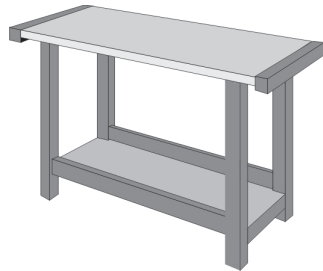


Table
(**Ṭeibul**)

Table (**ṭeibul**) kowi tòwah diah

U
u



Uak
Um
Ua

Uaklang dow mur kâ reng

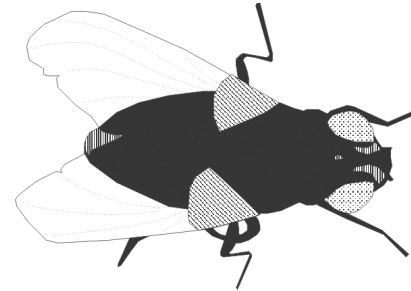
Ü
ü



Üa
Taüa
Üng

Üa kowi bawk uowi reng

V
v



Vi
Ving
Viah

Ving dow suiîai mami chap chekhai

Z
z



Zebra
Zion
Zakaria

Zebra dow kawrnge apreuma mih chap chekhai

APHAT SANGRA
LAIKLOW ACHUM ACHOWK
(Sentence)

A

Api haw ang.
A-u hai apa tangi.
Angâk hang chang.
Ang rui cha.
A-u dawî ang.

AW

Awng miuüa lu mowr lang iung
Awn dow iung dowi
Aw kowi dâm uowi reng.
Awdara uowi lai kowbow!
Awr kowi tawng chow uowi?

OW

Owm Thurai diah, en ka singra kown.
Owm dowi miuüa dow a-i iawng na dowi.
Owm Thurai mih lang thaulang khai.
Owm tachi lake khai.
Owm kown en nau diah bow?

B

Baibul dow Thurai lai rui rah chekhai.
Bing mâpaw hang cha.
Bia kaw kowi klin tui diah.
Bowthowk khe maru lang piaw.
Be kowi dau pe uan diah.

CH

Chama hawm lang iung khai.
Chia iawn tui nowm nowm iung.
Chalung tuk mat pät sangah diah.
Châr kowi maru dia cha reng.

D

Deng uih ai dow abowngma.
Dawngchang kowi dawnah kanew.
Dâm kan bow en cha?
Dân pe cha diah.
Daktawr dow nowng dâr mu khai.

E

En nautà hanow ang tek en kown.
Em kawng en tuk khowk bow?
En paw tawi kown bow? Tek ang madiah.
Empu kua chak bow en?
Eng hawm eng kân diah ba?

F

February la dow Iow la chekhai.
Festa dow Juda-uüa prên powng mâng chekhai.
Faraw dow Aigupta prên mâng chekhai.
Faraw dow mâng ngâkma chekhai.
Felik paw Juda-uüa prên powng mâng chekhai.

G

Galili prên kowi Isu uang dia khai.
Galatia dow prên ming chekhai.
Gawspel pami dow mruchow lai hown Satang iung' chekhai.
Gabriel dow kramamu ming chekhai.
Gawlgotha dow Isu kowngra hung h ming chekhai.

NG

Ngeüa kow iung dowi now kêr reng.
Ngât pät chaknga eng diah.
Ngân dowi matchang uang pe a-i khai.
Nguitâng uih dow asup iung.
Nguiprinchow dow kân eng iung.

H

Hatma kim dow maru kawmma.
Hangah mih uanh dow ahang iung dowi.
Hawi kowi kowng dowi mih dow 'hia' pape
Hang cha hawm sü diah.
Hung h kowi li lang uowi.

I

Isak dow Abraham chapa chekhai.
Iüng sawkah kaneu diah.
Israel chen dow Thurai ruiah mih chen chekhai.
irsi dow iung dowi chekhai.
Isu Krista dow lusa maru lawng mih chekhai.

J

Jeep mawtawr dow akürma.
Jerusalem dow Judauüa kowh marow chekhai.
Johan dow Thurai maru chekhai.
Juda Iskariawt dow tangka süngkawm hown Isu kowi sumah.
Jeremia dow Thurai risi chekhai.

K

Khât kowi ang chowm.
Kuai mâk dow bâu khai.
Khamsi now pua reng.
Kham räk mih iung dowi chekhai.
Kunmarau khe hang dowk müa.

L

Lümla uowi dowi mih maru uowi dowi.
Lü lu mih dow vüi sowmma.
Lama nowi klangiung khai.
Lainowmma ang tek en.
Lup chang hangkow tanüa diah.

M

Mami dow towng chow?
Mami chabowih phat diah.
Mur rü diah, hanow en kow iung kown.
Ming dow klangiungma rükah kown takla.
Maru kowi ringkawah diah.

N

Nahiu ngawng dow aklangma.
Nâng khe dow aruama.
Nitowng klawk nawr diah.
Nâr dow kawm reng.
Ning sâr kh asâr hai lup i uown chang reng.

O

October la dow Kep la chekhai.
Obadia dow Thurai risi chekhai.
Olive singh pün hawnia unsi ia thawp.
Olive hungh dow Jerusalem satlawt pra kowi uowi.

P

Prên towng kowi akroi akhêt mih uowi.
Paradis dow owm Thurai mih lümla tanâira chekhai.
Prên powng mâng dow chet tara reng.
Püng nau kaneu diah.
Pâk nga lainowmma sowr uowi.

R

Risiüüa phuang laiklow reng.
Ro tün en tà bow?
Râk kowi Ngaia uowi reng.
Rualim müt dow chakhang iung chekhai.
Rowp dow aw kowi uowi reng.

S

Süngnam nâr kowi hang uowi.
Sakkhawtma hai uowi diah.
Singh iung dow auh paw iung khai.
Süngnam kowi hang kram.
Sünta kaneu diah.

T

Thurai ringkaw dow chanlaira tut chekhai.
Tawng kowi chow en tòw?
Tek meng diah, ang süntà kown.
Thawngrum kowi chang lup ngâk miuüa kla
thawng reng.
Thawn meng madiyah.

Ṭ

Phalawng lai Mruchow lai hai rui khe.
Mami iawng:-
Table (Ṭeibul)
Tonight (Ṭunaiṭ)
Tool (Ṭul)
Tooth(Ṭût)

U

Ut ngawng dow aklangma.

U-pa lai chün diah.

Uan khup phangbek uowi bow?

Uat prakowi phai thawk kria diah.

Uanh maiow dow Thurai thawp mih chekhai.

Ü

Üngah madiah.

Üa kowi bawk uowi reng.

Üa kowi reu cha reng.

Üa kowi chap kawm uowi.

Üa kowi ang châ.

V

Vi lawt hu lai now ia kowng.

Vi dow kow kowi lainowmma kri khai.

Ving nowng chawp dowi iawng chakkham towah diah.

Ve kowi dow maru phawk pe rawngsi reng.

Ving kowi sui diah.

Z

Zaiawn dow Jerusalem kua lâk kowi kowh

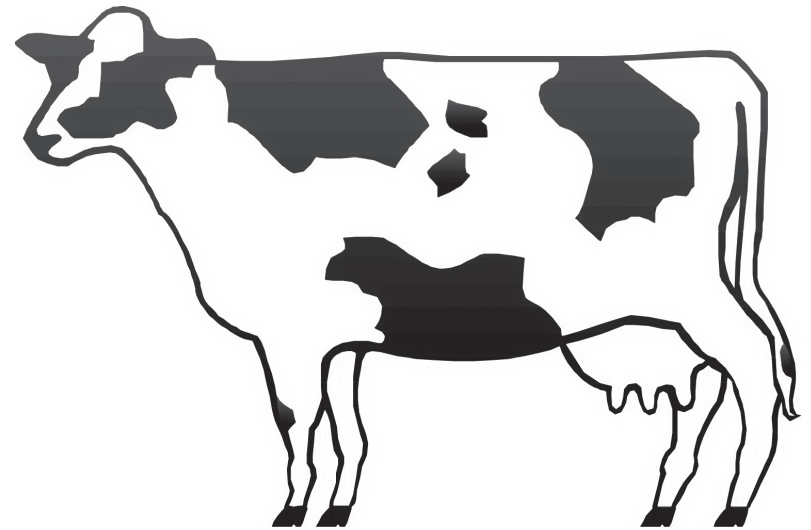
hung tali klüng kowi lowk mih ming chekhai.

Zawar dow Lawt hai achauüa cham powtra kua chekhai.

Zakaria dow Thurai risi chekhai.

Zebedai chapa preia Jakob hai Johan iüah dow Isu kowi tawi kung khai.

Zedekia ming uan dow 'Jehovah tachira' pami chekhai.



Awr mih dow tawng chow?

Awr mih dow Chiamä chekhai.

Chia klowng mün klüng chow uowi?

Chia klowng dow tali klüng uowi.

Chiamä kowh anâng uowi bow?

Chiamä kowh paw anâng uowi.

Anâng pre buk uowi.

Chia mih tawng ngâi chow cha?

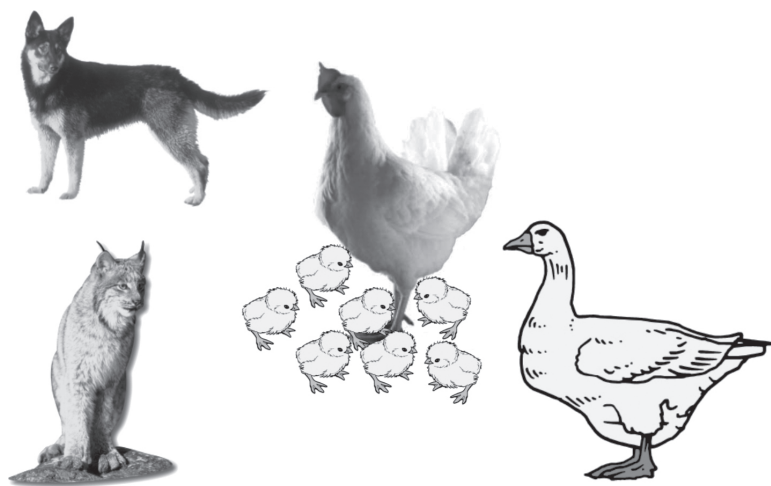
Chia dow cha pram reng.

Chiamä pên chah reng bow?

Ow, pên chah reng.

Chiamä mih tawng iawng chow haw achah reng?

Ambaw, ambaw, pahai achah kowi hawah reng.



Pakât dow Uama rik mih ka chama khai. Now Umpâi, Min hai Kui kowi hawah khai. Uama rik tek mih, "Miachow kowsawt i cha kown?" pakhai. Umpai tek mih, "kâk, kâk, ang dow ang sawt dowi tham," pape khai. Kui paw tek mih, "Khawk, khawk, ang paw ang sawt dowi tham," pakhai.

Uama rik tek mih, 'Ang sawt a-i sow,' pahanow kowsawt cha khai. Maw tuk khin khe Uama rik tek iawk mih, "Miachow kowtu i mawh kown?" pakhai iawk. Umpâi tek mih, "Kâk, kâk, ang tu mawh dowi tham," pape khai. Khowt now Uama rik tek mih, "Ang tu i mawh sow," pahanow kowtu mawh khai.

Cha ngên khin khe Uama rik tek iawk mih, "Miachow kowngên i cha kown?" pakhai iawk. Umpai tek mih, "Kâk, kâk, ang dow ang ngên dowi tham," pakhai. Min paw tek mih, "Ngêu, ngêu, ang paw ang ngên dowi tham," pakhai. Kui paw, "Khawk, khawk, ang paw ang ngên dowi tham," pape khai. Uama rik tek mih, "Ang ngen i sow," pahanow kowngên cha khai.

Achak khin khe Uama rik tek mih, "Miachow cha kown?" pakhai iawk. Umpâi tek mih, "Kâk, kâk ang cha kown," pape khai. Min paw tek mih, "Ngêu, ngêu, ang cha kown," pakhai. Kui paw tek mih, "Khawk, khawk, ang cha kown," pakhai.

Nachepaw Uama rik mih Umpâi hai Min hai Kui büah kowi tekpe mih, "Cha sawt khin khe paw sawt cha kown enni nau dowi, mawh tuk khin khe paw tuk maw kown enni nau dowi, naiawng rakowi enni ka cha dowi tham; ang hai ang chauüa chowtaih nacha kown," pahanow Uama rik hai achauüa mih cha büah khai.

Mami sangchia mih uang sang a-i mih dow chang lup dowi (Silik) miuüa dow ka cha dowi tham, chang lup mih tarap dow aia chang lup rak naka cha kown pami chekhai.

SAPTA NI MING

Mauruchow	Phalawng	Bangali
Talangku-ni	Sunday	Rawbibar
Talangla-ni	Monday	Sumbar
Angka-ni	Tuesday	Mawngawlbar
Butu-ni	Wednesday	Budbar
Krasubudi-ni	Thursday	Bhihawspawtiba
Sawkkra-ni	Friday	Sukrawbar
Chini-ni	Saturday	Sawnibar

LAIPRE LA RÛA (MING)

Mauruchow	Phalawng	Ni
Howngla	January	31
Iowla	February	28
	(Sum ning Kung kowi 29)	
Bila	March	31
Pratla	April	30
Suraila	May	31
Lakaumala	June	30
Lakuimala	July	31
Larammala	August	31
Bawnla	September	30
Kepla	October	31
Lutla	November	30
Klawngla	December	31

CHAKRAMANG CHUP UAN

Anging Pa, mukuang kowi uowi mih,
En ming aring pacham uowi lah,
En prên pauang cham ting lah,
En nau mih krang mukuang kowi chang büah iawng,
Krawng kowi kowh maru paw pacham chang lah,
Nitowng cha kown pe anging hawm diah,
Anging luk kowi angâk chang miuüa anging lawtta iawng,
En paw anging angâk chang mih lawtta anging diah,
Angâk chang kownkow uang lima miuüa tut-e hên anging diah,
Maru ngâk hownia dow lawng anging diah,
Pren ün, lowra nowngia changla mih ün, akraingra ün,
Achowngma en kowh chekhai. Amen.

KUMAH MATAH KOWN MIH

Ngeuüa low, Chakramang kowh maru enni na
khai rakowi enni u-pa laiklow chün büa diah,
nami dow anowmma mih lup chekhai. 'En u hai
en pa kowi ringkawah diah,' pami dow ana pek
pungmadawng kowi kowh rik uowi mih
laiklow chekhai. Nahanow en naka iungra
kown, now krawng luk kowi chowng dawng
sak klangma en naka uowi kown.

(Ephesi 6:1-3)

MRUCHOW LAWMBAWR RÜA

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

TACHIN TARAWM RÜA











1	-	Lowk
10	-	Hamut
100	-	Pakawm
1000	-	Pathawng
10000	-	Patasawng
100000	-	Patasaing
1000000	-	Patasing
10000000	-	Patakudi
100000000	-	Patasangki
1000000000	-	Patauowinak

ROMAN NUMBER











Roman :

I	II	III	IV	V
VI	VII	VIII	IX	X
XI	XII	XIII	XIV	XV
XVI	XVII	XVIII	XIX	XX

Phalawng (English) Lawmbawr Rúa

	(One)	1
	(two)	2
	(Three)	3
	(Four)	4
	(Five)	5
	(Six)	6
	(Seven)	7
	(Eight)	8
	(Nine)	9
	(Ten)	10

Mruchow Lawmbawr Rúa

	Lowk	1
	Pre	2
	Sum	3
	Tali	4
	Tanga	5
	Taruk	6
	Rinit	7
	Riat	8
	Taku	9
	Hamut	10

KHIN KLOWK UAN

Paning kowi 365-ni uowi
Paning kowi 12-la uowi
Paning kowi 52- takhale uowi
Patakhale kowi 7-ni uowi
Pani hown pauar kowi 24 nari uowi
Panari kowi 60 minute (minit) uowi
Paminit kowi 60 second (siken) uowi
Pakawm ning kowi tekpe "One Century"

Ngeuüa meng

Awmrawm hai i piaw lah

Athawn mih: Rosanglura Fanai

1. A-i ngeuüa sowmlowm chow,
I piaw khai i kow iung khe;
Piaw hai i tapowr dowk lowk,
Iung lai kowbow kow iung mih.

Awmrawm hai i piaw lah,
Lup ngâk dow chang dowi hai;
Taking tasang hai i ngawk lah,
Rên sawm lawm lah auiua hai,
“A ha ha ha ha” pahai.

2. Ngeuüa chünlaima a-i,
I u-pa awmrawmra paw;
Langtà mih lai sünta hai,
Lang sawi mih kowi sakrau hai.

Ang kowh iskul bek chala chow mih

Athawn mih : Rosanglura Fanai

1. Ang kowh iskul bek chala chow mih,
Klangiungma ang uai kown. (2)
2. Ang kowh kawlawm chala chow mih,
Klangiungma ang tawngah kown. (2)
3. Ang kowh chabowih chala chow mih,
Klangiungma ang khetah kown. (2)
4. Ang kowh Uniform klangiungma mih,
Klangiungma ang khupah kown. (2)

Ngeuüa ngawk lai

Asaduua kowi sakrau kown mih

Athawn mih: Rosanglura Fanai

Asak uowi mih aiukma hai achala chow mih paw,
Athawp miia Thurai mih nau khi bowk khai,
Uanh thawp maiow kowi aia sakrau bowk,
Amatni kowi dow aia pe kaah ngarau dowi chekhai.

Asak uowi mih achala chow mih ün paw mü kaneu diah,
Lainowmma klangiung, athawp miia mik hown dow;
Amatni dow klangiungma Thurai kiow hai lai büah khai,
Amatni chownglawng townchow khe,
Athaulangma hai apiawma tawi uowi büah lah.

A-i kowi lah Iskul kowi

Athawn mih : Rosanglura Fanai

Tuk kown i nau, cha tuk kown i nau,
Tukla kownkow i sang lah iskul kowi;
Sünta diah, dêr tün khai; iskul dêr, kling kling kling,
Iskul kim kowi ang ming hai haw ang, mastawr mih,
Ang ming tawi tâng khai, ming bowih kowi,
Chap kawm tukra uang na nowm khai, iskul kim.

Ang auia paw tawi sang khai, sikul kowi,
Sowr uowi khai dow, cha sang dow;
Anging hawk klow lang tün khai;
Anging kup khe lak-e lawt mih khin khe,
A u hawt howr ang, iskul hownia ang mâng khe,
"Mên/Tüm, towng chow en sang, iskul kowi?" pahai.

Phau uang mih

Uang chak chow low
chak ki krawm krawm.
Sawngchow paw ka tui dowi,
damchow paw ka tui dowi,
Kim luk belowng pau ow
uang chak chow low
chak ki krawm krawm.

Irsi miia

Irsi sip krang pre chaing kla,
Nga dow nga pre irsi sip;
Iamat ta an iris iung,
Iamat ta an dowi, irsi ngâk.

Küt chow küt chow

Küt chow küt chow pang uai ow,
Pang kaw uek uek;
Khaw uek uek,
Ang kowtek pe rak luk che,
Rak luk putawm patep en.

Nakala prengia kownkow phat cha reng diah

(Chanlai lawng 3: 1-35)

Chanlaira uowi mih kowh maratra

- 1 Chapa ow, ang tūng ang sang en mih hangkow tamata diah, ang kowh ana pek maten sak maiow hown chūnah reng diah.
- 2 Naiawng en chang hanow en kowh chowng nadawng kown, now en kowh chownglawng dow aiungma nauowi kown.
- 3 Kaah sakowmma hown uowiah reng diah, anowmma hown atungma uowiah reng diah. Naiawngün dow en natukla reng kownkow ngawng kowi ü-ah diah, naiawngün dow en nakatuakla reng kownkow sak kowi ruiah diah.
- 4 Naiawng che en chang hanow Thurai hai lusa maru pur kowi, saksing sanara hai ming iung nang iung en naka kown.

- 5 En kowh sak maiow hown CHAKRAMANG luk kowi neplawng nesak diah, en matia kowh aiung angak tukra luk kowi hangkow owmsak diah.
- 6 Lowra mih lup en chang khe CHAKRAMANG kowi tuakla reng diah, nahanow aia dow tiama iung mih natūng en reng kown taih.

- 7 En kowh prengia uowima pami hangkow katuak diah; CHAKRAMANG kowi ringkawma hown kramah reng diah, now lup ngak changra hownia cham lang taken reng diah.
- 8 Nahanow en kowh kow mih aiungma nauowi reng kown, now en kowh kow mih khawt paw nalang khawt ngamlam kown.

- 9 En kowh dawngthawnguan hown CHAKRAMANG kowi tūng pe ringkawra reng diah, aia kowi en ringkawah mih krang dow en rik kuaah mih luprak peah mih hown tūng pe diah.
- 10 Nahanow en kowh chapam kowi luprak atekma nauowi reng kown, now atowkra takowi dowi mowr grep tui paw en naka reng kown.

11 Chapa ow, CHAKRAMANG hawi en khe hang kunmarau diah,
aia nang en mih khin khe mapaw hangkow sakhiah diah.
12 Tawngplawng kowchow panow sakrauah mih chauüa kowi dow
u-pa nangah reng chekhai,
nami powmiawng CHAKRAMANG paw aia sakrauah mih kowi
dow nangah reng chekhai.

13 Prengia iung ka miuüa dow kaucha iukma,
now ka tukra miuüa paw kaucha iukma chekhai.
14 Tawngplawng kowchow panow nami dow tai lak-e asung lang
uowi,
nami dow kuh lak-e paw asung lang uowi chekhai.
15 Prengia iung dow asung khakma mih hua lak-e langiung chekhai,
nami dow en nauah mih chap maten lak-e asung lang uowi chekhai.
16 Chanlaira dow chowngdawng sakklangra nowngia pe en chekhai,
nami dow dawngthawnguan hai ringkawra paw nowng pe en
chekhai.
17 Chanlaira en kowh uowi now en kowh chownglawng mih naiung
reng kown,
chanlaira en kowh uowi now apiaw apama mih chownglawng en
naka kown.
18 Chanlaira ka miuüa dow ka masing sih mih iawng chekhai,
ka chanlaira mih maru-uüa dow kaucha iukma chekhai.

19 Lusa dow aia kowh prengia hown CHAKRAMANG thawpah
mih chekhai,
aia kowh tukra hown mukuang dow CHAKRAMANG thawpah mih
chekhai.
20 Krawng dak kowi kowh tui dow aia kowh chanlaira hown aia
uang pe lawtah khai,
aia kowh chanlaira hown uang tui kowi dow mukuang hownia aia
uang pe dowah khai.

21 Chapa ow, prengia hai chanlaira laiklow dow dowkta chen diah,
naiawngün dow en tamata dowi kownkow pela pe ching reng diah.
22 Nahanow naiawngün prengia hai chanlaira mih nape en singra
kown,
ü kuleng khe kowh klangiung iawng en kowh chownglawng
naklangiung kown.
23 En cham mang cham kat chepaw tawngpaw en naown kown
nadowi bowt,
lowra mih tiama kowi en cham mang chepaw en natatheu kown
nadowi bowt.
24 En mawk mih khin khe paw en nakram kown nadowi bowt,
en müi mih khin khe paw asowrma en naia müi kown towbowt.
25 En luk kowi phih uang ting chepaw hangkow kram diah,
maru ngakuüa piak mih en khi chepaw hangkow takrow diah.
26 Tawngplawng kowchow panow CHAKRAMANG dow naming
nakhet en reng kown,
leng kowi cham tasowk khe kowh iawng en kla phih chepaw aia
dow nalawng en reng kown.

27 Akhowng takla miuüa kowi dow en ia khowng now khowngah
reng diah,
naiawng miuüa kowi dow ia hanow khowngah dowi matchang hang
uowi diah.
28 Maru uang lü khowng khe akhowng takla mih kowi dow ia
hanow khowngah diah,
"Powt diah, tharau khe uang iang, tharau khe ang pe en sow," pami
hang tek diah.
29 En tainau-uüa kowi nachangah angak kown mih hangkow katuak
diah,
amatni dow en kowi owmsak kowh asowrma tawi uowi mih
chekhai.

30 Tawngpaw chang en angak dowi miuüa hown dow
alow akan uowi dowi matchang hangkow taran diah.

31 Krawi chang nowng mih maru kowi khita now hang kunmarau
urlur diah,
naiawng mih maru kowh chowmkrang uowikrang paw hang tawi
iua diah.

32 Tawngplawng kowchow panow chang angak mih maru kowi
dow CHAKRAMANG sui chekhai;
nachengankepaw saktuak achinawmma mih maru hown dow
CHAKRAMANG taklawp taiua reng.

33 Maru ngakuüa kim kowi dow CHAKRAMANG hownia kowh
piati uowi reng,
nachengankepaw achinawmma mih maru-uüa kim kowi dow
Thurai peah prasi reng chekhai.

34 Prawng ren maru miuüa kowi dow CHAKRAMANG paw
prawng renah reng,
nachengankepaw kham sum kham daw miuüa kowi dow aia
saksing sanaah reng chekhai.

35 Prengia uowi miuüa dow naka ringkawra reng kown, tawkche
prengia uowi dowi miuüa dow naka rukrai reng kown.