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Spotlight

Voice of Northeast India Union Of S.D.A



Feature:

NEIU Pathfinder Camporee, 2024





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WOMEN'S MINISTRIES CONVENTION



The 2nd Women's Ministries Convention of Nagaland Region was conducted at Samziuram SDA church from 10th to 12th of October, 2024 under the theme: "I will go - brighten the corner" based on Matthew 5: 16; with a purpose to train, support and encourage women in their Christian faith and to help them fulfil their potential in their own homes, churches and to the world as disciples of Jesus.

With much enthusiasm and anticipation, the convention commenced with the marching in of all officials and 163 delegates with their own unit flag, dressed in their proud traditional attire. Then the declaration




of Women Convention open was pronounced by Mrs. Lalbiakdiki, Director for Women Ministries NIEU joined by Mrs. Rahel, Women Ministries Director, (Nagaland Region) who graciously welcomed all the delegates and delivered introductory remarks and had also presented a powerful message on the topic: “A Mother’s Influence” in the welcome service.

Mrs. Rosemy Panmei, expounded on the topic: “I surrender all”. She explained that living a surrendered life means giving up our will and hearts to God, and following Jesus to the point of self-denial that was against our own inclinations.

Dr. Ps. Shangvol presented a powerful sermon on “Unwavering Faith of a woman” along with her personal testimony of what the Lord has done through her for His glory.

Mrs. Worlanso Shimray, CIHSR presented an important message on Health. She strongly emphasized that health is not only a state of complete physical, mental, and social well-being but also includes a spiritual well-being. The women enjoyed the exercises and the games she introduced related to healthful living during the session.

Mrs. Labiakdiki, Women Ministries Director, NEIU on her presentation profoundly emphasized on the topic: “Spirituality of a woman” reminding that every woman is of Inestimable value in the sight of our



heavenly father and that they must continually grow and be committed to Christ.

Mrs. Gaipui Hynneiwtā, Shepherdess Coordinator KJC shared about the “Responsibility of a woman in the family”, defining the place of a woman, her roles in the family and in the church. The women had also been taught how to bake wholesome Lamington cake with new recipes, ingredients and techniques in the baking class, it was fun learning and very profitable.

Mrs. Nebelsha Pasi, Women Ministries Director KJC presented a crucial topic on the “Relationship between Husband and Wife” she said that husband and wife can build a strong, healthy relationship by keeping Jesus Christ at the top of their relationship.


We praise God for the powerful presentation of our godly Resource Persons especially those who have come all the way from Shillong to minister unto the women here in Nagaland Region:

Mrs. Labiakdiki, Women Ministries Director, NEIU

Mrs. Nebelsha Pasi, Women Ministries Director, KJC

Mrs. Gaipui Hynneiwtā, Shepherdess Coordinator, KJC

The Sabbath day was truly a memorable day of worshiping the Lord. It was a wonderful experience for all delegates and the local church at Samziuram, the biggest Church of the Seventh-day Adventists in Nagaland Region, overflowing with people! Therefore, arrangements



were made outside the church to accommodate all who came to worship the Lord on this Special Sabbath day! Mrs. Lalbiakdiki, preached an inspiring sermon on the topic “Peace be still” pointing to Jesus our Master who can calm the raging storms of our lives and offer absolute peace.

The Sabbath afternoon program was yet another spiritually uplifting moment organized by all the pastors and evangelists’ wives led by Mrs. Chuimei Kamsuan and Mrs. Botoholi. The program was filled with songs of praises and inspiring testimonies from individuals reflecting on what great things the Lord had done for and through them.

The three days Women’s Ministries Convention concluded significantly with a consecration service and a dedicatory prayer by Pr. Gaibung Panmei, Director, Nagaland Region. He exhorted the women to be faithful to the Lord and to their husbands; to build up their homes in the fear of the Lord and to go out being transformed to brighten the corner of the sin sick world.


Truly this Women’s Ministries Convention has trained and inspired women in Nagaland Region to be faithful to the Lord and has helped them to fulfil their potential in their own homes, churches and to the world as disciples of Jesus!

Reported by: Pr. Kadirei Kamsuan, Circle Leader, Nagaland Region

NORTHEAST INDIA UNION GLOBAL MISSION TRAINING



The Global Mission department conducts training for the pioneers (workers) every year except during the Pandemic. The recent training the NEIU had was from October 15 – 20, 2024 at RRTC, Umran. Two resource personnel came: Marcelo Dias, SUD Assoc. Global Mission Director & Pr. Deepak Boro, SUD Assoc. Adventist Mission Director.



We have 16 targets (GM working centres) and appoint 2 pioneers for each target so we have 32 pioneers altogether, out of which 31 pioneers attended the meeting. We have GM pioneers in the Garo Section, the Mizo Conference, Arunachal Region and the Assam Region. The Directors from each unit also must attend the meeting, so that they will know what the training is, and will know how to implement what the pioneers have learnt in the trainings.

The term ends in 2025, and the goal is to raise a church in their own targets. The success of this goal is very low. As per the report, two targets in the Garo Section and one target in Assam Region will achieve this goal. The main problem we have is constant changing of the pioneers, and so the trainings given in the past are not very much effective.

We have to strictly follow the “true success” guidance of E. G. White and that is by following Christ’s Method alone.

How do we mingle with people and make friends with them? During the recent meeting at Umran, the “centre of Influence” was stressed. Unless you have “extra skill and knowledge,” you cannot be a centre of Influence. Electricity and electronic skills are being taught to each pioneer so that they will pass on these skills to the people in the community where their targets are, and it is hoped that the people will be attracted to the pioneers to learn the skills and knowledge they have to impart.

Reported by: Pr. Barclay Momin, Former NEIU Global Mission Director

12th Southern Zone GAYF Annual Camp



The young people of Southern Zone Garo Adventist Youth Federation conducted its 12th annual camp meeting from December 5-8, 2024 at Emangre SDA Church, South Garo Hills, Meghalaya. A total number of 96 young people from all over the Southern part of Garo Hills registered themselves as delegates at this event. The theme chosen for this camp meeting was based on Genesis 4:7 and was entitled as *"If you do not do what is right, sin is crouching at your door."*


Below are the devotional speakers for this event:

1. *Mr. Tressing Ch. Marak*
2. *Mr. Kember Sangma*

3. *Mr. Rickychuang S. Sangma*
4. *Mr. Titus Sangma*
5. *Mr. Kerry Marak*
6. *Mr. Bennybirth N. Sangma*
7. *Pr. Barwin Marak*
8. *Pr. Lazarus W. Sangma*

Each of these speakers based their sermon on the theme that was chosen for this camp meeting. Insightful and meaningful messages were presented by all the devotional speakers. In addition to morning and evening devotions, during the day, a seminar, a workshop, and a counseling session were organized for the benefit of the attendees.





The following individuals were the resource personnel for the above said seminar, workshop, and counseling session:

- 1. Pr. Ismail M. Sangma – Seminar on the Seven Trumpets in the Book of Revelation**
- 2. Pr. Barwin Marak – Workshop on Discovery Bible Study**
- 3. Pr. Barwin Mark – Counseling Session on Social Media**

On the Sabbath day, church members from neighboring churches and companies came to attend the Sabbath services, this, added meaningful worship to the fellowship.

Since, there was no transportation on Sundays; this camp meeting went on until Sunday night. And on Monday morning, all the delegates bid each other good bye and headed to their respective destinations. It was a wonderful camp meeting where each youth had the opportunity to be spiritually and socially blessed.

Kindly continue to pray for these young people.

Reported by: Pr. Barwin Marak, Director, Communication Dept., Garo Section of SDA

20th Northeastern Zone GAYF Annual Camp



The youth of the Northeastern Zone Garo Adventist Youth Federation conducted its 20th annual camp meeting from December 11 – 14, 2024 at Puthimari SDA Church. The main theme chosen for this gathering was entitled, “You Must Be Born Again.” The Northeastern Zone comprises of 3 circles, namely; Rajasimla Circle, Resubelpara Circle, and Williamnagar Circle. According to the Northeastern Zone

Garo Adventist Youth Federation Secretary's record, a total of **254** delegates registered for this event.

The following individuals were the devotional speakers:

- 1. Mr. Rickychuang S. Sangma**
- 2. Mr. Tressing Marak**
- 3. Pr. Albera A. Sangma**
- 4. Mr. Tengsal Marak**
- 5. Pr. Lavest R. Marak**
- 6. Mr. Hellenson Marak**
- 7. Pr. Barwin Marak**
- 8. Pr. Silman R. Sangma**

In addition, there were counseling sessions during the day. The following individuals were the resource personnel for the counseling sessions:

- 1. Dr. Tengsrang A. Marak – Counseling on Social Media**
- 2. Mr. Salmithkrystius Sangma – Counseling on Youth Evangelism**
- 3. Pr. Barwin Marak – Counseling on Christian Discipline**



On Friday afternoon, all the delegates gathered at a nearby playground for an exciting games and sports activities conducted by Mr. Bennybirth Sangma and Mr. Rostin B. Marak. Thus, during this camp meeting, the delegates not only received counsels and advices but were also richly blessed with various field events. There was ample time for recreation and fellowship with fellow youth. It was an eventful camp meeting.

Please continue to pray for these young people as they press forward to help others experience the born-again experience on a personal level.

May God bless the young people of Northeastern Zone Garo Adventist Youth Federation.

Reported by: Pr. Barwin Marak, Director, Communication Dept., Garo Section of SDA

NEIU Pathfinder Camporee



The Adventist Youth Ministries of the Northeast India Union conducted its long-awaited Pathfinder Camporee from December 18-21, 2024 at Bodak, East Siang, Arunachal Pradesh. The theme chosen for this event was entitled, *“Believe the Promise.”* An approximate number of 400 Pathfinders along with their respective Club Directors and Counselors attended this Camporee.

The Guest of Honor for the inaugural function of the Camporee was, Shri. Oyin Gao, Pasighat Municipal Councilor.



At this Camporee, there were various activities organized to cater to the Pathfinders’ physical, mental, social, and spiritual spheres of life. Below are some of the information regarding these activities:

The devotional speakers at this event are:

1. *Pr. C. Tawkthanga, NEIU President (Sabbath Service and Consecration Service)*
2. *Mrs. Betty Lyngdoh, NEIU Youth Director*
3. *Mr. Michael Sangma, Director of Arunachal Region of SDA*
4. *Pr. Gaibung Panmei, Director of Nagaland Region of SDA*
5. *Mr. Daniel Thaimai, Youth Director of Manipur Conference of SDA*
6. *Dr. (Pr.) L. F. Lyngdoh, Former President of NEIU (Vesper Service)*
7. *Pr. Ramnghaka, Youth Director of Mizo Conference of SDA*

The Camp Council was taken by two Resource Personnels. They are:

1. *Dr. (Pr.) L. F. Lyngdoh, Former President of NEIU on the topic, 'Attitude.'*
2. *Mr. Milton R. Marak, Zonal Deputy Electrical Inspector, Tura on the topic, 'Created for a Purpose.'*



The field events were the highlight of the Camporee which included the following relays:

- 1. First Aid Bandaging Relay***
- 2. Knot Tying Relay***
- 3. Nail Driving Relay***
- 4. Button Sewing Relay***
- 5. Roman Chariot Race Relay***
- 6. Drilling and Marching***



Another unique activity the Pathfinders were involved in was the Community Service at a park along the Sibokorong River to Siang River in Pasighat on Friday, December 20, 2024. The cleaning drive activity caught the attention of the *Siang Voice News* channel and it was broadcasted in the local TV program. The NEIU Youth Director along with the Youth Directors of Mizo Conference, Manipur Conference, Khasi-Jaintia Conference, Garo Section, Arunachal Pradesh Region, Nagaland Region, and Assam Region were interviewed by a Journalist of the *Siang Voice News* channel.

In addition to these activities, there was cabin inspection for all the units. During the inspection, the tent arrangements, tidiness, cleanliness, etc. were taken into consideration and marks were given accordingly.



At the end of the Camporee, after calculating the points scored for all the activities, the NEIU Youth Director along with Dr. (Pr.) L. F. Lyngdoh, who was the Chief Judge at the Camporee, declared the clubs that had topped the scores during the NEIU Pathfinder Camporee as follows:

- 1. First position: Shillong Pathfinder Club**
- 2. Second position: NEAU Pathfinder Club**
- 3. Third position: Myllem Pathfinder Club**

Momentos were handed over to the top 3 scorers. However, all the attendees of this Camporee received a Camporee patch. Siang Valley School also graciously presented a key chain for all the Pathfinders as

well. It was a memorable event and all the Pathfinders had a meaningful and wonderful experience at the camp.

Kindly continue to pray for the Adventist Youth Ministries and its Leadership in Northeast India Union.


You can view the highlights of the camporee on this link please also like, subscribe and share:

<https://www.youtube.com/watch?v=5jkQU7MXuxE>

Reported by: Pr. Barwin Marak, Director, Communication Dept., Garo Section of SDA

HEALTHY BONES





Bones are a marvel of engineering and physiology. We tend to think of bones as solid structures, but since they are living tissues, they undergo continuous breakdown and renewal, which allows bones to grow and fractures to heal. The entire skeleton is replaced every seven to 10 years through a process known as bone remodelling. What are some ways to improve your bone health? Here are some suggestions from Vibrant Life. *


EXERCISE: The Bone Health and Osteoporosis Foundation recommends two types of exercise to build and maintain bone density: weight-bearing (such as walking and climbing stairs) and muscle strengthening (such as lifting hand weights). Whenever possible, exercise outdoors so you get the benefit of sunshine, vitamin D, and fresh air at the same time.

SLEEP: New evidence suggests that adequate sleep contributes to optimal bone health, so be sure to go to bed early enough to get the rest your body—and bones—need.

STRESS MANAGEMENT: Your mental health impacts your bones. The stress hormone cortisol inhibits the bone building cells. There is wisdom in the Biblical proverb: “A merry heart does good, like medicine, but a broken spirit dries the bones” (Pr. 17:22, NKJV).

EAT CALCIUM-RICH FOODS: Here are some of the best plant sources of calcium.

- ✓ Soy foods, including tofu, edamame, soy milk, and tempeh

- 
- ✓ Dark leafy greens, including collards, spinach, turnip greens, kale, bok choy, dandelion greens Beans, peas, and lentils
 - ✓ Certain nuts and seeds, especially chia seeds, almonds (and almond butter),
 - ✓ Brazil nuts, and sesame seeds (and tahini)
 - ✓ Certain grains, especially teff and amaranth
 - ✓ Some fruits and sweeteners, including blackstrap molasses, oranges, figs, kiwi, and blackberries

FACTORS THAT ENHANCE CALCIUM ABSORPTION

To ensure the body makes the most of the calcium you give it, consider the following factors that increase your body's ability to absorb calcium:

- ✓ Foods high in vitamin C eaten at the same time as the calcium
- ✓ Adequate vitamin D levels
- ✓ Adequate stomach acid Foods high in lysine, including beans, lentils, quinoa, tempeh, soy milk, pumpkin seeds, and pistachios
- ✓ Adequate intake of vitamin K
- ✓ Adequate intake of omega-3 fatty acids (found in foods such as walnuts, flaxseed, chia seeds, and hemp seeds)
- ✓ Doses less than 500 milligrams of calcium at a time

*From "Stronger Than Steel: How to Strengthen Your Bones," Heather Reseck, RDN, in *Vibrant Life*, September/October 2022, pp. 34, 37-38.

TOP TIPS FOR A GOOD NIGHT'S SLEEP



In our busy lives with long working hours, travel time, family commitments and social events, it's easy for our sleep to suffer. But getting regular, restful sleep is crucial for good health. It gives your body much needed time to repair and restore itself, keeps your immunity strong and makes you more resistant to illness. So, what can you do for better sleep?

1. Like clockwork

One of the most important things you can do to help you maintain good sleep is to keep it regular.

- Try going to sleep and waking again at the same time each day, even on weekends if you can.
- Aim for around 7–8 hours of sleep each night—some people may need a little more, others a little less.
- Be smart about napping. If you like to nap during the day, make sure you keep it to no more than 30 minutes or you may have trouble sleeping at night.

2. Preparation is key

There are things you can do during the day to help make the most of your snooze time at night.

- Avoid such "sleep stealers" as caffeine, alcohol, and nicotine.
- Regular exercise will boost your energy during the day and prepare your body for a better sleep at night.
- Hydrate well in the morning and during the day but slow your water intake in the evening so you won't need to make frequent trips to the bathroom.
- Try not to eat too late. Have dinner at least 2–3 hours before your bedtime and avoid heavy, rich foods.
- As your bedtime approaches, choose quiet activities that help you "wind down." Avoid screen time if you can.

3. Make it cozy

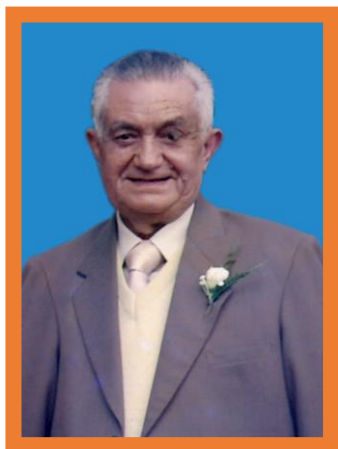
If you can, try to make your place of sleep as quiet and cozy as possible.

- Use soft lighting and keep your bedroom or sleeping area at a comfortable temperature.
- If you can, invest in a comfortable and supportive mattress and pillows.
- Remove unnecessary distractions, such as your television, radio, laptop, and mobile phone.

did you know?

Depriving your body of sleep will increase your body's insulin resistance, making it easier for you to gain weight! Getting a good night's sleep is fundamental to being able to live a happy, healthy life. If you've tried these tips and you're still having trouble sleeping, talk to your doctor or a qualified sleep professional.

Article courtesy of: Sanitarium Health Food Company. For more information and heart-healthy recipes, visit sanitarium.com.au.



Obituaries

JON INGRAM KHONGHAT

Jon Ingram Khonghat, was born on August 15, 1927 at Shillong. He started his service at Assam Training School in the year 1953 as a teacher and bookkeeper from the year 54-57. He got married to Ivorine Khonghat on

March 22, 1953 and the couple were blessed with a daughter Marcella and son James Leland. In 1961 he was sponsored to study at SMC, after which he joined Adventist Training School as book keeper in the year 1962 and accountant in the year 1963. In the year 1965 he was appointed as Dept Secretary till the year 1970 in Assam Section, then in year 1971 he was appointed as the Treasurer of the same section. In 1973 he was appointed as Principal of Adventist Training School.

In 1975 he was elected as Treasurer of Northern India Union and he worked in this capacity till the year 1980. In the year 1981 he was elected to the post of President of Northeast India Section till the year 1983. From 1984 to 1987 he was nominated to the post of Treasurer of Northeast India Union, and in 1988 he was nominated as the President till the year 1990. He retired from active service in January 1, 1990.

His life along with his wife was a life of sacrifice and service. He was friendly, honest, kind and very hospitable. He has contributed so much especially to the treasury dept.

He passed away on July 18, 2024. May his soul rest in peace.


Compiled by: Betty Lyngdoh, NEIU Communication Director



PASTOR J M DKHAR

Janmiet M Dkhar was born at Mowkaiaw village, KJ Hills, on October 18, 1931. As a child he learned farming, bamboo craft, carpentry and how to carry out various types of repair work. He also came to know about Jesus, the Saviour of the world and the returning King. One beautiful morning he broke his father's pipe and lovingly talked him into dropping the smoking habit and to taste the goodness of God.


Through the hard work and dream of parents, Janmiet and his older sister were able to attend ATS, a school just started by Pr. Oliver W Lange. As a student, he started giving Bible studies, preaching, selling literature, and assisting Evangelist H E Rajee in public meetings. After



completing Standard X and the DSLC, he became a church school teacher at Sohryngkham and then in Shillong. One of his students was Siiola Warjri. Their love for each other grew by the day, and they were united in holy matrimony in 1954. This union was blessed with 6 sons – James, Clifford, Marcus, Jansson, Costarr and Lynnton.

As one of the old-time teacher-preachers handpicked in the Northeast by our pioneers, Bah Janmiet Dkhar braved distance, physical discomfort, weather conditions and every other obstacle to go to towns and remote villages to preach the Word, nurture isolated members, strengthen churches, and to win souls for the Kingdom. In the mid-1960s he completed his junior college studies and in 1968 was called to the Assam Section team. In the 1969 constituency meeting held at ATS, he was ordained to the Gospel ministry. It was a great joy to him that Pr Lange was present. In 1972, he returned to ATS as boys' dean, Bible teacher and church pastor for two years.

For reasons known to God, Pr Dkhar twice escaped an untimely demise. First was when the ATS boys' hostel was constructed. Two boys would carry timber from the forest on their shoulders and when they reached the site, they would count 1-2-3 and throw it down. It so happened that Janmiet and his partner had the log on different shoulders. So, as it was thrown off, it pushed him down and hit his head. The second happened many decades later when he and other



colleagues were returning from Tura to Shillong. The night bus they were in shot off the road into the river.

Pr Dkhar served as the third president of NEIU from 1990-1995, then one year as SUD Field Secretary. Post-retirement, he helped the Shillong Church as its pastor. In old age, he always expressed deep gratitude to God for calling him to work in this corner of His field. In particular, to be used by Him in Brookside Adventist School at a very challenging time and be enabled to add one class at a time until it became a respectable secondary school. The second was to be a pen, literally, in God's hands to translate a number of books and booklets into Khasi, which would take the good news to every home and hamlet. After much thought and prayer, he decided to end this labour of love when he turned 85.

On the passing away of Kong Siio on April 13, 2023, Pr. Dkhar was impacted with dementia. The regression was observable, month by month. On October 9, 2024, he had his meals as usual and, in the evening, went to bed normally. But the next morning he did not want to get up, eat or drink. In the morning of October 22, he breathed his last. Besides sons and daughters-in-law, he left behind 8 grandchildren and 4 great grandchildren, an older sister, and a host of family members. Now he sleeps on a hill next to his life partner. When Jesus comes to sound the wake-up call, they will rise together in perfect physical and mental powers, and be ushered into eternal life with Him.

Contributed by: James Warjri



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