

January- March 2026

1st Quarter



Spotlight

Voice of Northeast India Union Of S.D.A



Feature:
Dedication of Argartala SDA
Church.

Contents

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EDITOR'S NOTE



Dear Readers,

We are delighted to share that, with the encouragement and approval of the Northeast India Union Officers and ADCOM members, *Spotlight* will continue to be published in both digital and print formats, allowing us to reach and connect with more of our readers.

The current *Spotlight* publication team has also introduced two new features: “*Bible Tips*” and “*Moral Stories*.” It is our sincere hope and prayer that, alongside the reports, these additions will deepen your understanding of the Bible and offer meaningful guidance and inspiration for your daily life.

Sincerely,
Betty Lyngdoh



MESSAGE FROM THE PRESIDENT



Dear Readers,

The Northeast India Union is pleased to share *Spotlight*, published in both print and digital formats, to keep our church family informed and inspired by the wonderful things happening across our Union. This platform brings together stories, reports, and updates from our Conferences and Regions, reflecting the life and mission of our church.

We warmly encourage all Communication Directors in every unit to actively share the experiences, events, and achievements from their respective areas. Your contributions are not just reports—they are powerful testimonies that strengthen our unity, inspire one another, and help us grow together in faith and purpose.

Let us remain connected through every issue of *Spotlight*. When we share, we learn; when we learn, we grow. Each meaningful report has the potential to uplift, motivate, and spark new ideas for the advancement of God's work in our Union.

We look forward to receiving regular contributions from all units in every issue. Together, let us build a stronger, more connected, and thriving church community.

Sincerely,

Biakzidinga Renthlei, President

Northeast India Union of Seventh-day Adventists



ANNUAL MEETINGS

Manipur Conference Triennial Meeting



With hearts filled with expectation and gratitude, the Manipur Conference joyfully convened its Triennial Meeting from January 4 to 6, 2026, at the serene campus of Asufii Christian Institute, Punanamei Mao, Senapati District. Under the theme, “Jesus Is Coming! Wait and serve,” where 1500 delegates gathered amidst challenging situation in the state, to seek God’s guidance, review His leading, and renew their commitment to mission.

This gathering was a spiritual revival, a moment of reflection, recommitment, and rededication to the soon-coming King. Each day began and ended with uplifting devotional messages, heartfelt prayers, and spirit-filled songs that united delegates in worship. The presence of the Holy Spirit was deeply felt as speakers emphasized readiness for Christ’s return and faithful service in His vineyard.



The messages challenged everyone to Live expectantly in the last days, serve sacrificially in God's mission, Remain faithful despite challenges.

Many testified that their hearts were renewed and strengthened for greater service. The theme echoed throughout the sessions, reminding all that, Waiting is not passive, but active preparation, Serving is the true expression of faith; Christ's coming is imminent and certain.

Delegates were urged to balance spiritual watchfulness with practical ministry reaching souls, strengthening churches, and preparing communities for Christ's soon return.

The Manipur Conference Triennial Meeting 2026 was a spiritually enriching and mission-driven gathering. As delegates departed, they carried with them a burning conviction: Jesus is coming soon therefore, we must wait faithfully and serve diligently. Let us go forth with one heart and one mission: To wait with readiness, to serve with love, and to proclaim with urgency, Jesus is coming soon!

Reported by: Pr. Runio Arche, Communication Director, Manipur Conference



Khasi Jaintia Conference Annual Meeting



The Annual Meeting of the Khasi Jaintia Conference was successfully conducted at Sohparu, West Khasi Hills, from 14 to 17 January, 2026. The **theme was, 'Called to Be Faithful.'** There were about 800 members staying overnight and about 2000 attendees on Sabbath Day. Church members, leaders, and delegates from various churches gathered for a time of spiritual renewal and fellowship.

Spiritual programs formed an important part of the meeting. Morning and evening devotionals, prayer sessions, and Bible reflections encouraged members to deepen their faith and renew their commitment to God's service. The messages focused on faithfulness, service, the need for the Holy Spirit, and the mission of spreading the Gospel.

The highlight of the Annual Meeting was the Sabbath day, when the entire day was dedicated to prayer and worship. In the evening,



the meeting was officially brought to a close. The gathering also provided an opportunity for fellowship among members from different churches, fostering unity and cooperation.

During the meeting, several business sessions were conducted where different departments such as Youth, Pathfinder, Personal Ministries, Women's Ministries, and other church ministries presented their reports. These reports highlighted the progress, achievements, and challenges faced during the past year. Financial reports and administrative matters were also discussed to ensure transparency and accountability. Delegates actively participated in discussions and shared valuable suggestions to strengthen the church's mission and outreach.

The Annual Meeting concluded with gratitude to God for His guidance and blessings. Participants returned with renewed hope, commitment, and determination to serve faithfully in the coming year and to continue advancing the mission of God's kingdom.

Reported by: Pr. P. Lamare, Director, Communication Department of Khasi Jaintia Conference.



Assam Region Annual Meeting

This year, Assam Region Annual Meeting was conducted at Challongpathar SDA Church, Upper Assam Circle dated 15th – 17th January, 2026. It was a joyous occasion, as members of Assam Region gathered together to worship and thank God for His wonderful leading. Guest speakers were Pr. Biakzidinga Renthlei, President of NEIU; Pr. Pradeep Sangma, Secretary of NEIU; Elder Wungreiyo Shimray, Treasurer of NEIU; Pr. Srikanth Shendikay SUD; Elder Kelly Pedrin, from Bangalore; Pr. Deepak Boro, Director, Assam Region of SDA.

The Topic: For the Annual conference cum Golden Jubilee was “Redeeming the Time because the days are Evil.” Ephesians 5:16.

We had the Challongpathar SDA Church Golden Jubilee celebration program on 15th January, the NEIU President unveiled the Jubilee Stone and the Union Secretary offered the dedicatory prayer.

Morning and Evening, the Speakers shared valuable messages on the given topics. 14 souls decided to give their lives to Jesus and so were baptized by Pr. Srikant Shendikay (his first baptism as ordain Minister). Pr. Besra and Pr. Mathew Ovung, accompanied him for the baptism.





Reported by: Pr. Seth Guria, Secretary/Treasurer of Assam Region



The 69th Garo Annual Meeting



The 69th Garo Annual Meeting was conducted at Doba A-pal SDA Company from January 28-31, 2026. The theme chosen for this great event was "Grounded in the Bible; Focussed on the Mission." Mark 16:15. An approximate of 3000 members pitched their own tents and attended the annual meeting.



The following were the resource personnels who presented meaningful and timely messages and presentations.

Dr. Koberson Langhu, Director of E. G White center at Spicer Adventist University, he presented a seminar on the topic “The writings of E. G White.’ Besides this seminar, he presented 2 powerful sermons based on the theme mentioned above.

Dr. Paul Bhaggein, Vice-Chancellor of Northeast Adventist University, he took a seminar on the topic “Christian Education.” He put great emphasis on the need for parents to send their children to Adventist schools. Besides the seminar presentation, he also preached one sermon in-line with the theme of the annual meeting.

Dr. John Stephen Sundaraj, Director of Jeeva Jyothi Medical Missionary Institute, Tamil Nadu, dealt on the topic, “Health.” He also preached one sermon based on the topic. His main emphasis was natural therapy. He along with his students had a booth set up where they treated the people through natural remedies. Many people were richly blessed through their services.

Pr. (Dr) Biakzidinga Renthlei, President of NEIU, took the Divine service on the Sabbath day, his sermon focussed on the theme “Grounded in the Bible; Focused on the Mission.” It was a powerful sermon and many were blessed.

Mr. Wungreiyo A. Shimray, Treasurer, NEIU’s presentation was on “Stewardship.” He emphasized on the faithfulness of a steward. He brought out examples from the Bible on stewardship and quoted several writings of Mrs. Ellen G. White. His sermon was very much appreciated by the members.



Dr. Calvaryn R. Sangma, Medical Doctor, Govt. of Meghalaya, also preached a meaningful sermon during the devotion based on the theme chosen for the annual meeting.

Pr. Barthon G. Momin, President, Garo Section, took the first service at the opening night of the annual meeting. Many were blessed by his sermon as well.

While the rest of the resource personnels catered to the spiritual needs of the adult members, Mrs. Lasangpuui Renthlei was involved with the children's classes. She told the children wonderful Bible Stories and many were blessed.

Another highlight of the annual meeting was the formation of ATS Alumni, Garo Hills chapter under the leadership of Pr. (Dr)Lionel Ford Lyngdoh, Mrs. (Dr) Jemima Marak, and their colleagues from Northeast Adventist University.

On a personal note, it was a great annual meeting and many were richly blessed. Next year, the members will gather together in Williamnagar circle for the Garo Annual Meeting.

Kindly continue to pray for Garo Section.

Reported by: Mrs. Graceton Ramrar, Communication Director, Garo Section.



GOLDEN JUBILEE OF SUGUNBARI SDA CHURCH

It was a joyous occasion when Sugunbari SDA church Celebrated its Golden Jubilee on 2nd and 3rd of January, 2026. Pr. Deepak Boro, Assam Region Director, was the chief guest in the Jubilee celebration. He unveiled the Jubilee Stone, and Dedicatory prayer was offered by Pr. Srikant Boro, the North Central Circle Leader. Many church members from nearby churches came to share the joy and happiness. Testimonies were shared by the pioneers as to how the church started and what were the difficulties they faced from the neighbors, and how they remained faithful when they faced these persecutions. Today, five young people from this church are working in the Mission as regular workers.





Reported by: Pr. Seth Guria, Secretary/Treasurer, Assam Region



WORKERS TRAINING PROGRAM

Assam Region workers were privileged to have Pr. C.D. Mathew and the Team from abroad, to conduct workers training in Panbazar on 6th and 7th January, 2026. Regular workers, gospel workers and pastors from Assam field, were the delegates present at the training. Dr. Samuel, presented a seminar on the topic, “Five Pillars of Adventist Faith,” and the team also addressed the issues and challenges faced by the workers in the field.

This was a great blessing for the workers, especially those who faced challenges in the mission field.



Reported by: Pr. Seth Guria, Secretary/Treasurer, Assam Region



GENERAL GARO ADVENTIST YOUTH FEDERATION MEETING



The 48th General Garo Adventist Youth Federation meeting took place in Aigre SDA Company, West Garo Hills, Meghalaya from January 14 – 17, 2026. The theme chosen for this meeting was “Fear God and give glory to Him,” quoted from Revelation 14:7, to keep the youth alert, informed, and prepared for the second coming of Jesus Christ.

At this meeting, the General Garo Adventist Youth Federation officers and the executive members decided together to guide the youth to glorify God in their personal lives and become responsible Christians. The youth were given different opportunities to prepare



themselves physically, mentally, and spiritually for a full-fledged learning experience during these few days.

The number of delegates present at this meeting was **394** youth. The meeting activities included morning exercises, daily morning prayer sessions, morning and evening devotions, Discovery Bible Study (D.B.S.) and 3 counselling sessions. These activities were scheduled for their physical, mental and spiritual growth in Christ, and they gave their full attention in all of these sessions. Each activity was assigned to the person in-charge and counsellors with precise instructions to fulfil one's duties as required for the youth.



These sessions have been beneficial to all the youth present at this meeting. The counselling topics were focused on the given theme which were taken up by different counsellors. The first counselling



topic was “Courtship and Marriage” where the female delegates were counselled by Mrs. H. B. Marak and the male delegates were counselled by Pr. (Dr.) B. Ch. Marak on 15th January, 2026. The delegates were divided into male and female groups so that some issues can be addressed freely without hesitation.

The second counselling topic was “Christian Education” and the last counselling topic was “Career Counselling” which was taken by Dr. A. B. Marak on 16th January, 2026 by breaking it into two sessions. We carefully chose the experienced and worthy counsellors for each counselling topic, which added a remarkable experience for the youth during this meeting.

The Garo Adventist Youth Leaders are trying their best to keep the youth engaged spiritually as well as mentally, and physically. The fundamental growth of the youth is being taken care of by responsible leaders which will eventually bring about a profound change in the lives of the leaders as well as the youth delegates. Whatever situations may arise in the lives of the youth, may they always remember to fear God and give glory to Him through the lessons they have learnt during this meeting.

The youth meeting had included a separate business meeting for almost three hours, as scheduled for general discussions with different agendas such as secretary’s report, treasurer’s report, western, southern and north-eastern zone GAYF reports. The agenda also included soul-winning goals and improvement needed for the meetings. This year, new elections of the G.G.A.Y.F. Officers for the post of president, vice-president, secretary, joint-secretary and adviser



were held as the 3rd term of the former leaders had concluded. The following were the newly elected officers:

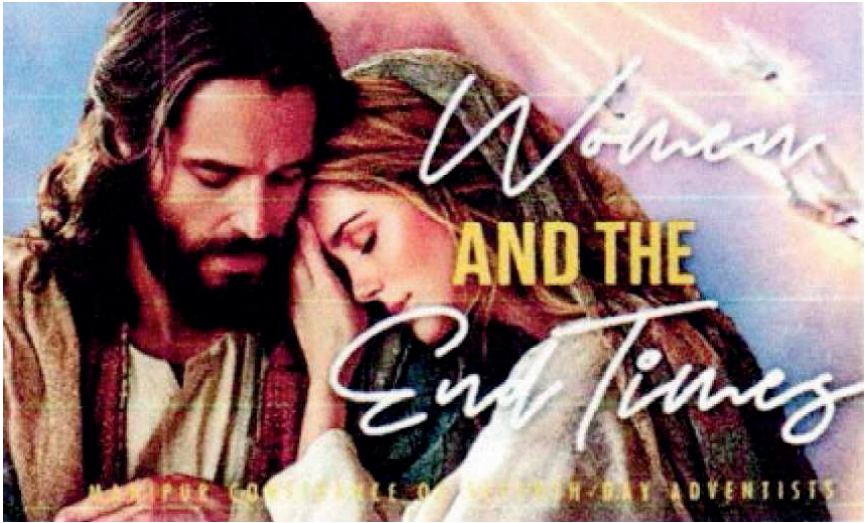
1. Adviser: Mr. Salmithkrystius A. Sangma
2. President: Mr. Dimphue Ch. Momin
3. Vice President: Mr. Tengsrang M. Sangma
4. Secretary: Mr. Rickychuang S. Sangma
5. Joint Secretary: Ms. Ranida
6. Treasurer: Mr. Sainbirth Momin

Kindly remember the young people of Garo Section in your personal prayers. Thank you.

Reported by: Mrs. Graceton Ramrar, Communication Director, Garo Section of SDA



10TH CENTRAL CIRCLE WOMEN'S MINISTRIES MEETING



The spiritual atmosphere at Chingkhulong, Lamsang, was truly vibrant as women from across the region gathered for a landmark event from January 15-17, 2026. The Chingkhulong, Lamsang Seventh-day Adventist Church hosted the 10th Central Circle Women's Ministries Meeting, a weekend dedicated to prayer, fellowship, and urgent spiritual preparation. The theme of the meeting was, "Women and the End Times."

Under the visionary leadership of Mrs. Solem Horam, Director of Women's Ministries for the Manipur Conference, and Mrs. Aphanlu Thaimai, President, Central Circle Women Ministries, the event successfully brought together approximately 250 delegates. These women, representing various churches within the Central Circle,



arrived with a shared hunger for revival and a deeper understanding of their role in God's closing work.

The meeting focused on the pivotal role women play in the prophetic landscape of the last days. The sessions were designed not just to inform, but also to transform—equipping mothers, daughters, and sisters to be beacons of light in an increasingly dark world.

A Powerhouse of Speakers

The pulpit was graced by seasoned leaders who delivered timely messages centered on the Three Angels' Messages and practical Christian living.

Mrs. Solem Horam, (Director, Women Ministries) spoke on the topic, 'Women as messengers, God's Design and our calling.'

Pr. Belum Pashel, President, Manipur Conference, reminded the delegates of the unique identity and mission of the Adventist Remnant.

Dr. Robert Shimray, Executive Secretary, Manipur Conference, focused on the administrative and spiritual readiness required of the church body.

Dr. Cornelius Kamei, District Pastor, Carolina Conference, USA, provided a global perspective on the end-time ministry, joined from the United States to share insights on the "Home as a Mission Field."

Pr. Abui Panmei, Retired Pastor, offered a wealth of wisdom and experience, urging the younger generation to hold fast to the foundational truths of the faith.



Pr. Shem Rongmei, Central Circle Leader, facilitated the local coordination and emphasized the importance of unity within the Central Circle churches.

Mrs. Aphanlu Thaimei, President, Women Ministries, Central Circle, spoke on the topic, 'The Crown of Life: Women who endure.'

The three-day event was marked by Deep Intercessory Prayer, Small group sessions where women lifted up their families, their churches, and the nation.

Harmonious Worship: The hills of Lamsang echoed with praises as delegates joined their voices in traditional and contemporary hymns.

Community Building: Beyond the sermons, the meeting served as a vital space for women to network, share challenges, and encourage one another in their diverse ministries.

The meeting concluded on January 17th with a powerful charge to go back to their respective local churches and communities as "End-time Messengers." Every delegate left Chingkhulong, Lamsang with a renewed sense of purpose, carrying the blessings of the Holy Spirit back to their homes.

As we look toward the future, the impact of this 10th Central Circle Women's Ministries meeting will undoubtedly be felt through the strengthened families and revitalized outreach programs led by these dedicated women of faith.

Reported by: Mrs. Panmei Shilla, Chairperson, Women Ministries, Chingkhulong, Lamsang, SDA Church



GO REGION 5 VOLUNTEERS ORIENTATION PROGRAM



From January 18-21, 2026 Gospel Outreach USA conducted an orientation for all GO Region 5 Unit Coordinators and volunteers at the Northeast India Union headquarter, Shillong, Meghalaya; where Mike Lekic, GO Region 5 NEIU & BAUM Director; and Pr. Lungaichungpou Gonmei, NEIU Special Ministries Director were the main resource personnels. 5 Coordinators from the Union and units and 20 volunteers attended this orientation program.

These Gospel Outreach volunteers received comprehensive training, focusing on evangelistic strategies, cross-cultural



communication, Bible study methods, and spiritual growth to prepare them for service in unreached areas. Training also included practical skills like health education, community development, and leadership training to support holistic, community-focused ministry.

All who attended were richly blessed and at the end of the meeting returned to their respective stations spiritually revived and better equipped to reach the unreached.

Reported by: Mrs. Betty Lyngdoh, NEIU Communication Director



GARO SECTION YEAR-END MEETING

The Garo Section year-end meeting was conducted on January 20, 2026 at the Garo Section premises. It was a very important meeting where all the regular members of the Garo section committee and the invitees were present in the presence of our NEIU officers, Pr. Pradeep S. Sangma and Mr. Wungreiyo Shimray.

Before the business session, Pr. Pradeep S. Sangma took the devotion and encouraged the executive members to be faithful and sincere as we serve the Lord.

Several items were taken up and the following were some of the highlights of the Garo Section executive committee.

- i) . Mr. Janswith R Marak was appointed as the Education Director of the Garo Section. He will also oversee the Health and Temperance Ministries in the Garo Section.
- ii). Mr. Gutenberg W. Sangma was appointed as the accountant of the Garo Section.
- iii). Mr. Bijoy Roy is appointed as the internal auditor of the Garo Section.
- iv). Mr. Climford Ch. Marak is appointed as the new Principal of Hill View Hr. Sec. School.
- v). Mr. Wilkinson N. Sangma is appointed as the new Principal of Sunbeam Hr. Sec. School.
- vi). There was also reshuffling for the circle leaders.
 - a). Mr. Salmithkrystius A. Sangma is the new circle leader of Baghmara circle.



- b). Pr. Pitin M. Momin is the new circle leader of Bajengdoba circle.
- c). Pr. Ismail M. Sangma is the new circle leader of Dadenggre circle
- d) Pr. Silman R. Sangma was re-appointed as the circle leader of Williamnagar circle.
- e). Pr. Albera A. Sangma was also re-appointed as the circle leader of Rajasimla circle.
- f). Pr. Jolonto G. Momin was re-appointed as the circle leader of Ampati circle.
- g). Pr. Ronald Ritchil was re-appointed as the circle leader of Chokpot circle.
- h). Pr. Lavest R Marak was re-appointed as the circle leader of Resubelpara circle.

Kindly remember the Garo Section in your personal prayers as these newly appointed individuals take up their respective new responsibilities during this quinquennium.

Reported by: Mrs. Graceton Ramrar, Communication Director, Garo Section



41ST EAST CIRCLE WOMEN'S ANNUAL MEETING



The Women's Ministries Department of the East Circle, Manipur Conference, successfully conducted its 41st Women's Annual Meeting from 22nd to 26th January, 2026 at Phungreitang SDA Church, Ukhrul; under the theme, "I Will Go – Make Me a Blessing."

The meeting was prayerfully organized in alignment with the mission emphasis of the General Conference of Seventh-day Adventists, encouraging women to actively engage in evangelism, leadership development, and community service. The program placed special emphasis on spiritual strengthening and preparing women to become instruments of blessing in their homes, churches, and communities.

The objectives of the meeting were meaningfully accomplished through the valuable contributions of the invited resource persons and leaders:

- Mrs. Lalsangpui Renthlei, Director, Women's Ministries, NEIU.



- Ms. Alice Danla, Maranatha Project Coordinator, India.
- Solem Horam, Director, Women's Ministries, Manipur Conference.
- Pr. Enoch Ningshen, East Circle Leader, Manipur Conference.
- Lakngamphi Shaiza, Advisor, Women's Ministries, East Circle.
- Thingyorin Hungyo, Chairperson, Women's Ministries, Phungreitang.
- Dr. Kapanring, CMO, Ukhrol District Hospital.



The Resource Persons delivered spiritually enriching devotional messages and conducted practical workshops focusing on spiritual growth, leadership empowerment, outreach ministries, and health awareness. The sessions were well structured, interactive, and mission-oriented.

The meeting also received strong encouragement and moral support from the Union leadership. Their guidance, prayers, and commitment to strengthen Women's Ministries greatly contributed to the success of the program.



A testimony session featuring three women from three different local churches provided meaningful insights and encouragement, highlighting the importance of remaining steadfast in faith despite various challenges and hardships.

Attendance was commendable, with active participation from Women's Ministries leaders, church workers, young women, and church members across the East Circle. The spirit of unity and dedication was clearly evident throughout the meeting.

As an outcome of the meeting, participants renewed their commitment to personal evangelism, strengthened existing prayer groups, and initiated plans for community outreach initiatives. The program proved to be spiritually enriching, mission-focused, and impactful.

We humbly thank God for His guidance and abundant blessings throughout the program. We sincerely express our heartfelt appreciation to the Union leadership, Conference officers, invited resource persons, and all participants whose cooperation and gracious support ensured the success of this Annual Meeting.

Continued collaboration and support from Union leadership will further enhance the effectiveness of Women's Ministries across the East Circle. It is our earnest prayer that future programs will build upon this strong foundation and further empower women to faithfully respond to the call, "I Will Go – Make Me a Blessing."

May the spirit of "I Will Go – Make Me a Blessing" continue to inspire and guide the Women's Ministries Department as it faithfully carries forward its sacred mission.

Reported by: Mrs. Solem Horam, Women's Ministries Director, Manipur Conference



NEIU YOUTH MINISTRIES SEMINAR AND CONSULTATION PROGRAM



The long-awaited Northeast India Union Youth Ministries department conducted a one-day seminar and consultation program for all the Youth Directors of the field units on February 25, 2026 in Shillong, Meghalaya. A very apt theme was chosen for this event and it was entitled as, “I Will Go: Reclaim One, Win One!” In addition, a theme song was also formulated to go with the above-mentioned theme.

The seminar begun with a meaningful devotion which was taken by Mr. Wungreiyo A. Shimray, Treasurer of NEIU. Soon after the devotion, Pr. Thangliana Fanai, Youth Director of NEIU, took the first



session where he emphasized on the plans and focus of the Adventist Youth Ministries. The second session was taken by Pr. (Dr.) Biakzidinga Renthlei, NEIU President. His presentation was focused on the various problems faced by our young people and how to address these problems in this generation. It was an insightful presentation. The third session was taken by Pr. Thangliana Fanai. During this session, he put great emphasize on the importance of kindness ministry as we minister to our young people in our respective field of work. Through kindness ministry, we will be able to replicate Jesus' method very effectively.

In addition to these three presentations, each Youth Director gave a short report of the various activities in their units and also shared their future plans for the present quinquennium. Various lessons were learned as a result of these reports and future plans.

Finally, this one-day seminar and consultation program concluded with a consecration service which was taken by Pr. Pradeep S. Sangma, NEIU Secretary.

On a personal note, though this seminar and consultation program was conducted for only one day, all the attendees were richly blessed and we learned many valuable lessons which we can use to implement and minister to the young people effectively so that many of our young people will be able to experience Christ in their lives.

Kindly remember the youth leaders and also the young people of the Northeast India Union in your personal prayers. Thank you and may God bless you abundantly!

Reported by: Pr. Barwin Marak, Secretary & Youth Director of Garo Section



DEDICATION OF AGARTALA SDA CHURCH



It is a great milestone for the Tripura Region in the journey of ministry that the Regional Headquarters Church at Agartala has been dedicated to the Lord for the glory of God. This has long been the dream of the leaders—to establish a strong congregation and a beautiful church in the city of Agartala.

From the time Agartala city accepted the Adventist message, worship began in a home church. After Tripura was separated from the Mizo Conference and became a region in 2019, services were held in the basement of the office building with office workers and



few members, led by Pastor Zohmingliana, the first Director of Tripura Region.

As time passed, membership grew, and the need for a proper church building became clear.

During the leadership of Pastor Lalrohlua Fanai, in 2023, construction of the church building began on top of the office building, with faith that God would provide funds for the construction. Resources were limited, but he prayerfully sought funds from every possible corner. God answered the prayers through leaders and lay members who contributed generously. Dr. Johnson was one of the key persons God used to help secure funds. Elder Yowan Ponniah's family from California became the main sponsor, and through their generosity, we now have a beautiful church. We are deeply thankful to them and pray for God's abundant blessings upon their family.

This church could not have been built without the support of many faithful people. The Mizo Conference never left our side after Tripura became a separate region. They stood with us whenever we needed help, lending workers such as Zothanzuala Tlau, who covered the roof, ceiling, and electrification. We extend heartfelt thanks to the Mizo Conference of SDA, along with Zothanzuala Tlau, Pastor Biakthansanga Renthlei (retired) and Elder Thanbanglova (Sairang) also came to assist him in the work.

With the united effort, we were able to dedicate our church to the glory of God on 28 February, 2026. The dedication service was led by Pastor Dr. Biakzidinga Renthlei, President of the Northeast India Union, with the presence of Pastor Pradeep Sangma, Executive Secretary, and Mr. Wungreyio A. Simray, Treasurer of the Northeast



India Union. Many members from churches throughout the Tripura Region, and from Mizoram, Pastor Zohmingliana, Pastor Biakthansanga (Retired), Zothanzuala Tlau and Nunthari Sailo (Retired), also came and witnessed the service. It was a deeply moving experience for us to worship in such a beautiful and well-structured church because we have never had beautiful and well-structured church before in the history of the Tripura Region of SDA.

This milestone is a source of strength and encouragement for both workers and members, reminding us that God places people in our path who put their hearts into the ministry of our region. May this achievement bring glory to God and inspire us to continue faithfully in His work.

Reported by: Pr. Laltanpuia, Director, Tripura Region of SDA



10 DAYS FASTING PRAYER CAMP



In view of the '30,000 Project,' Mizo-conference organized a 10 Days Fasting Prayer Camp at Helen Lowry Auditorium, 7th Day Tlang, Aizawl; from March 13 to 22, 2026. 200 campers attended this prayer Camp.

The Resource Speakers were:

1. Pastor Lalmuansanga Chawngthu (main speaker)
2. Mr. Lalduhzuala
3. Mr. Peter Lalremtluanga
4. Pastor Rodinglana
5. Pastor Lalrohlua Fanai
6. Pastor Zohminglana
7. Pastor R Lalchhanhima
8. Pastor Sabbath Thanga



9. Pastor PL Biakchhawna
10. Pastor Lallianmawia Pachuau
11. Pastor Lalruatsanga Ralte.

Camp Directors were Pastor Zohmingliana and Pastor R Lalramnghaka.

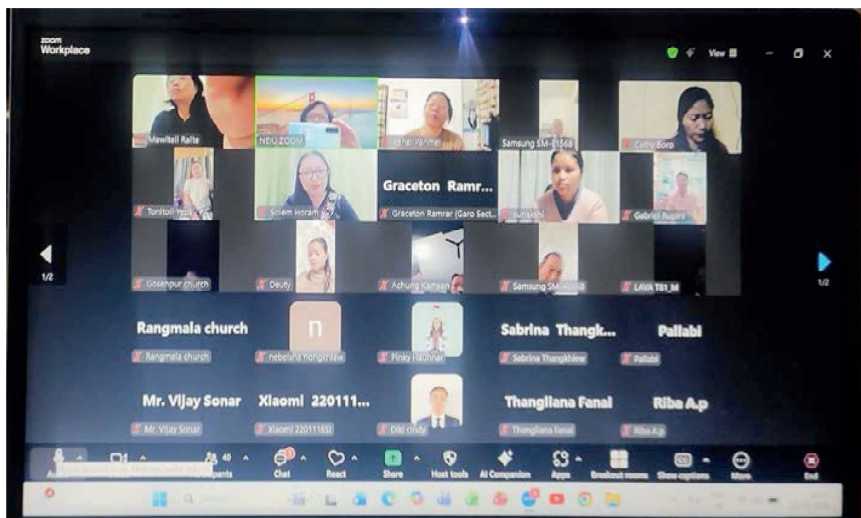
During this camp, repentance of sin and reconciliation with God had led men to soulful and solemn prayer for more spiritual power to finish God's work on earth. The camp was successful and many were dedicated to the Lord with a tearful heart.

After the 10 days together, we lovingly departed to our own places with united heart, soul, and spirit to finish God's work.

Reported by: Pr. Ramnghaka, Communication Director, Mizo Conference



NEIU ZOOM CHILDREN'S SABBATH SCHOOL TEACHERS TRAINING



The Northeast India Union Children Ministries department conducted a 'Children's Sabbath School Teachers Training' on March 15, 2026, via Zoom. The meeting started at 6:00 PM and was attended by over 55 at its peak with an average of 40+ throughout the meeting. All who attended were greatly benefitted.

The meeting was efficiently chaired by Mrs. Solem Horam, Manipur Conference CHM Director. Lively song service was conducted by Mrs. Rahel Panmei, Nagaland Region CHM Director and her team. The welcome address was given by Mrs. Cathy Boro, Assam Region CHM Director.

The first message was shared by Pr. [Dr.] Biakzidinga Renthlei, NEIU President; who offered words of encouragement to the Children



Ministries leaders and stressed the importance of the Children Ministries Dept.

Mrs. Graceton Ramrar, Garo Section CHM Director taught five points for teaching memory verse:

1. Route Memory learning
2. Reward learning
3. Learning through action
4. Learning through hand motion (Demonstrated by teaching the 10 commandments)
5. Learning through songs.

NEIU Sabbath School Director, Pr. Thangliana Fanai's topic was 'Effective Bible Teaching.' He taught us the importance of the teacher's responsibility in preparing and also leading the Sabbath School Lesson study. The next topic was 'Faith Development in Children,' by K J Conference Sabbath School Director, Pr. Lasting Light Wahlang, about how Jesus grew in wisdom, stature, and in favour with God and man: the mental, physical, spiritual, and social aspects of man. He also shared with us the different age groups and their stages of learning.

Mrs. Nebelsha Pasi made a presentation on 'Effective Story Telling Method,' And pointed out the importance of engaging the 5 senses, and gave a practical demonstration by beautifully telling the story of 'The Widow with the Jar of Oil.' Mr. James Lalhruaitluanga and his team shared an interesting and meaningful video on 'Sabbath School Room Management.' Find link of the video here : https://drive.google.com/file/d/1jUyCg5tNX0LxxsiYV_hMzxTjN8SFh5q4/view?usp=drivesdk



Dr. Jemima Marak made a presentation on the topic ‘Sabbath School as a Soul Winning Agency.’ Despite facing network problems in her area, she was put on the loudspeaker through Mrs. Betty Lyngdoh’s phone during the Zoom meeting. The message will be remembered not only for the unusual way it was shared, but also for its clarity, and we still got the message that we Sabbath School teachers are to be Soul Winners for Christ.

A beautiful song was presented by the children of Itanagar Adventist School. We thank Mrs. Sunakshi Sangma, Arunachal Pradesh Region CHM Director who brought the children together to present this song.

The last message was given by Mrs. Betty Lyngdoh who shared valuable tips for children’s Sabbath school teachers, including when to start preparing for the Sabbath school class, etc.

Some of the video presentations were shared in zoom by Mr. Vijay Sonar, NEIU Internal Auditor. We thank him for his help.

We want to thank all the presenters, especially Mrs. Betty Lyngdoh, the Children Ministries Director at NEIU, for organizing this important training program for the Children Sabbath School Teachers.

The meeting ended with closing remarks from Mrs. Betty Lyngdoh and a closing prayer by Mrs. Lalthangmawii Ralte, Mizo Conference CHM Director.

Reported by: Mrs. Cathy Boro, Assam Region Children Ministries Director



GLOBAL YOUTH DAY

Global Youth Day in Khasi Jaiñtia Conference

The Khasi Jaiñtia Conference joyfully observed The Global Youth Day on 21 March, 2026 under the official theme “Communion in Action.” Hundreds of young people across the conference rose to the call and turned the day into a powerful demonstration of faith in action. A large majority of the youth from churches throughout the KJC, actively participated in vibrant worship and various charity works and community service projects, reflecting the true spirit of Christian service.

The day began with enthusiastic worship services in many local churches. The youth took vibrant part in singing and praising God. They led the praise and worship sessions with energetic singing, special musical items, and heartfelt testimonies. The churches were filled with lively songs of adoration, and joyful praise as the young people lifted their voices, creating an atmosphere of spiritual revival and unity.

On the other side, groups of young volunteers cleaned their surrounding roadsides, church compounds, playgrounds, and market areas, promoting cleanliness and environmental care. At the same time, teams from several churches donated blood, visited hospitals, old-age homes, orphanage homes, families and prisons. They distributed food packets, clothes, and personal care items while spending time in fellowship with the patients, elderly, children, and inmates, they offered words of hope and encouragement.



Awareness programmes and Street preaching formed another important part of the day. Youth leaders conducted interactive sessions on the dangers of drug abuse and the need for building loving and healthy families. These programmes were held in churches, roads, streets, public areas and even in some local schools, drawing good attendance from both Adventist and non-Adventist youth.

In addition to service and awareness, the young people showed practical love by sponsoring school fees and educational materials for underprivileged children. They gave alms and essential provisions to the poor families in their localities. Many distributed Christian books, pamphlets, and health literature to passers-by. The day concluded with special prayer sessions for the sick and elderly in homes and hospitals, where the youth prayed earnestly for healing and comfort.

The Global Youth Day 2026 in the Khasi Jaiñtia Conference was indeed a day of “Communion in Action.” Through vibrant singing and praising God in churches, cleaning drives, institutional visits, awareness campaigns, educational sponsorship, acts of charity, literature distribution, blood donation, prison visitation and intercessory prayer, the youth of KJC have shown that they are not only hearers of the Word but doers as well. Their selfless service and joyful worship have brought joy to many hearts and have strengthened the bond between the church and the community. The conference leadership expresses heartfelt appreciation to all the youth, pastors, and local church elders who made this day a memorable testimony of God’s love in action.





Reported by: Pr. P. Lamare, Director, Youth Ministries Department, Khasi Jaintia Conference of SDA



Global Youth Day in RAA



Riverside Adventist Academy Church observed the Global Youth Day on 21st March, 2026 with the theme, “Communion in Action.” The program inspires the young people to actively participate in community service and to make a positive impact on society.

Furthermore, on Sabbath, during the divine hour, Ms. Alice Danla, MARANATHA Project Manager, India, spoke emphasizing on the topic, “God was never wrong”. Her sermon brings light and understanding to different perspectives of people when in times of trouble.

On this occasion, a blood donation drive and outreach program were also organized, in which both staff and students participated. The initiative was carried out under the leadership of Mr. Mehibanri Hynniewta, the youth leader of RAA.

The event concluded with words of appreciation to all the generous contributors in making the program successful. The youth leader also encouraged the youth to continue taking part in such meaningful activities in the future.

Reported by: Dr. Tengsrang Marak, Principal, RAA



Pictures of GYD Activities from Mizo Conference sent by
Pr. Ramnghaka, Mizo Conference Youth Director:



Global Youth Day in Arunachal Pradesh Region

Global Youth Day was observed on March 21, 2026, in Itanagar and New Abali. Youth members actively engaged in community service by visiting hospitals, distributing food to patients, and participating in blood donation at Ramakrishna Mission Hospital, Itanagar. This initiative demonstrated compassion in action and a commitment to serving the community.





Reported by: Pr. V L Lalsiamthara, Director, AP Region



Global Youth Day in Nagaland Region

On the occasion of Global Youth Day, various Seventh-day Adventist Youth groups across the Nagaland Region actively participated in community outreach programs, demonstrating the spirit of service and compassion.

Seventh-day Adventist Youth, Samzuiram:

A group of 31 members visited the Operation Salvage Rehabilitation Centre, Heningkunglwa, which accommodates approximately 200 individuals undergoing rehabilitation. The purpose of the visit was to engage with the residents and support their well-being. A brief program was conducted, including a devotional message and the distribution of books, tracts, groceries, and toiletries.

Photography was not permitted in order to respect the privacy and confidentiality of the residents. The program was highlighted by an inspiring sermon delivered by Pastor Kadirei, which brought encouragement and hope to all present. The visit emphasized the importance of compassion and continued support for individuals in rehabilitation.

Seventh-day Adventist Youth, Dimapur:

The Dimapur Adventist Youth organized multiple outreach activities by dividing members into three groups. The first group conducted an orphanage visitation, spending time with children and extending care and support. The second group participated in a blood donation drive, contributing to life-saving efforts. The third group organized a free medical camp, providing basic health services to the community along with the distribution of literature for awareness and encouragement.



These activities were carried out to serve the community and reflect the spirit of compassion and service, leaving a positive impact on both participants and beneficiaries.

Other churches across the Nagaland Region also actively participated in Global Youth Day by conducting similar outreach initiatives in their respective areas.



Reported by: Mr. Tennyson Lukhu, Communication Director, Nagaland Region of SDA



RECLAIM ONE, WIN ONE”



Greetings to you in the name of our Lord Jesus from the Northeast India Union Youth Ministries Department!

The “Reclaim One, Win One” initiative is designed to inspire active youth members to reach out to fellow Adventist young people who have stopped

attending church, often due to challenges such as drug use or other personal struggles. Each committed youth member will mentor and support one such individual through friendship, guidance, and spiritual encouragement. With consistent care and mentorship, the goal is to help these young people reconnect with the church and rebuild their relationship with Christ.

Once restored, both the mentor and the reclaimed youth will work together to identify individuals interested in Bible studies. Through this process, they will grow spiritually and actively participate in winning others for Christ.

I warmly invite and encourage all young people to take a keen interest and actively get involved in this meaningful project.

The **Pathfinder Club** is one of the most effective ministries of the church for **nurturing and retaining young members**. It plays a vital role in helping children and youth remain connected to the



church while growing in their relationship with God. Through meaningful activities, spiritual guidance, and mentorship, the Pathfinder program strengthens the faith of our young people and helps them develop a strong sense of identity within the church community.

The Pathfinder program is not only about spiritual growth, but it also helps young people develop **physically, mentally, socially, and spiritually**. Through outdoor activities, camping, leadership training, community service, and skill-building honors, Pathfinders learn discipline, teamwork, responsibility, and confidence. These experiences prepare them to become responsible citizens and committed followers of Christ.

Therefore, I **humbly and strongly encourage all parents** to enroll their children in the Pathfinder Club. By doing so, you are giving your children the opportunity to grow in faith, develop strong character, and become future leaders of the church and society.

Contributed by: Pr. Thangliana Fanai, Youth Director, Northeast India Union.



REPORTS FROM ARUNACHAL PRADESH REGION

Inauguration of a Center of Influence (Tailoring Center)

The first quarter of 2026 has been marked by significant spiritual, educational, and community outreach activities across the Arunachal Pradesh Region under the Northeast India Union.

On January 27, 2026, a meaningful milestone was achieved with the inauguration of a Center of Influence (Tailoring Center) at Itanagar Adventist School, Arunachal Pradesh. The center was officially inaugurated by Pastor Biakzidinga Renthlei, President of NEIU. The program was graced by the presence of Pastor Prodeep Sangma, Executive Secretary of NEIU; Mr. Wungreiyo A. Shimray, Treasurer of NEIU; Pastor V. Lalsiamthara, Director of Arunachal Pradesh Region; and Mr. Premanand Borgoari, Treasurer of Arunachal Pradesh Region. This initiative aims to empower the local community through skill development and self-reliance.





Northeast India Union Officers Visit SVA

On March 5, 2026, the three Union leaders, Pastor Biakzidinga Renthlei (President), Pastor Prodeep Sangma (Secretary), and Mr. Wungreiyo A. Shimray (Treasurer), visited Siang Valley Academy in Pasighat. The visit focused on inspecting the progress of the school building currently under construction, funded through the 13th Sabbath Overflow offering. The leaders also visited another mission institution, Future Foundation Academy in New Abali, Roing, encouraging staff and reviewing ongoing developments.



International Women's Day of Prayer

Spiritual enrichment programs were also a highlight during this period. On March 7, 2026, the International Women's Day of Prayer was observed at both Pasighat Adventist Church and Itanagar Adventist Church. The occasion brought together women in prayer and reflection. In the evening, the Itanagar Women's Ministries hosted a fellowship meal, fostering unity and fellowship among all church members.





Global Children's Day

On March 14, 2026, Global Children's Day was joyfully observed at Itanagar Adventist Church. The program emphasized the spiritual nurturing of children, encouraging their active participation in church life and faith development.



Reported by: Pr. V L Lalsiamthara, Director, A P Region



REPORT FROM RIVERSIDE ADVENTIST ACADEMY

New Year staff get-together on 1st January, 2026



New Year picnic program was organized at Riverside Adventist Academy on January 1, 2026, bringing together staff and families in a joyful and cheerful atmosphere. The event provided a wonderful opportunity for everyone to relax, interact, and strengthen bonds outside the workplace.

All members shared moments of happiness, joy and laughter making the occasion truly memorable. The picnic was filled with good fellowship and a spirit of unity among all present.

The program concluded on a happy and positive note, leaving everyone refreshed and happy.



10 Days of Prayer from 7th to 17th January, 2026



The Ten Days of Prayer was solemnly observed from 7th to 17th January 2026 with the theme, “Unleashed.” This spiritually enriching event was conducted with reverence. Various teachers were assigned



to deliver the messages on different days, sharing encouraging thoughts that inspired everyone to deepen their relationship with God through prayer, faith and reflection.

The staff and students actively participated and gathered faithfully every evening.

Overall, the Ten Days of Prayer was indeed an immense blessing to everyone involved.



Farewell program For X and XII Students on 23rd January, 2026



Riverside Adventist Academy organized a farewell program for class X and XII outgoing students on 23rd January, 2026. The event was organized to honor the students and celebrate their journey of learning in the school. On the occasion, teachers including, the administrators of the school, shared heartfelt messages, expressing best wishes to the students for their future endeavors. Meanwhile,

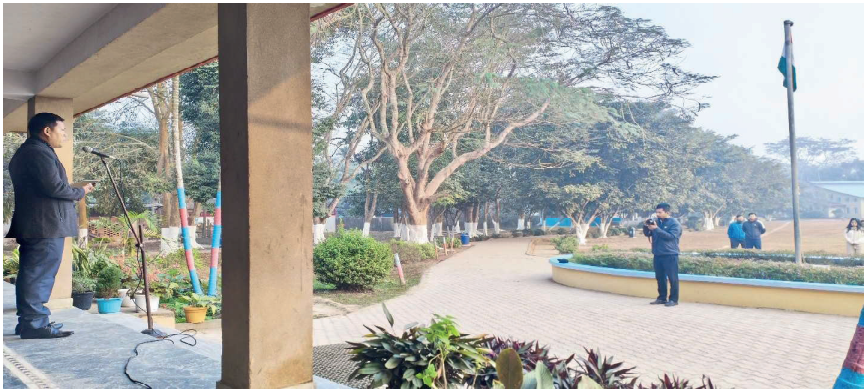


the outgoing students also shared their experiences and memories while studying in the school.

The program concluded with a feast and words of reassurance for the success of students in the days to come.



Republic Day on 26th January, 2026



Republic Day was celebrated on 26th January, 2026 at RAA playground with great enthusiasm and patriotism. The program began with hoisting of the National flag along with the National Anthem by the RAA Pathfinders.

The principal of the school, Dr. Tengsrang A Marak, delivered an inspiring speech, highlighting the Constitution and the responsibilities of the citizens.

The event culminated with a profound sense of pride and oneness to all present.



Christian Home and Marriage Week on 14 -21 February, 2026



Christian Home and Marriage week was observed from 14 -21 February, 2026, at Riverside Adventist Academy Church with the theme, “Family, Faith and Focus in a digital world.” During this week, various speakers shared valuable messages and sermons pondering on the importance of balancing Christian marriage and family life in a digital world. The spiritual week helped the congregation to understand more about building a strong Christian Home based on biblical principles.

On 21st February (Sabbath), Mrs. P Zeena, delivered a sermon during the Divine Service, focusing on the theme, “Christian Home Day.” Her message encouraged families to strengthen their relationship with God and with one another.

It was truly a meaningful experience to witness such a wonderful and spiritually enriching program.



Fellowship together with NEAU Staff on 7th March, 2026



RAA and NEAU AHSS had joint fellowship on 7th March, 2026 at Riverside Adventist Academy. This meaningful gathering brought together staff of both institutions for fellowship and spiritual unity.

The NEAU AHSS staff led out in all the Sabbath programs, conducting the Sabbath School class and Divine Service. A.Y. Program was also taken up by the AHSS staff, promoting various courses and opportunities available for the students in NEAU. Mr. Chirup Pamtheid, Principal of NEAU AHSS spoke during the Divine Service, sharing the benefits of reading the Bible and how young people should practice it as a habit. His sermon uplifted and inspired everyone present.



Youth Week of Prayer from 15 to 21 March, 2026



The youth week of Prayer was observed from 15 to 21 March, 2026 at RAA with the theme, "Revive by His Word." The program aimed to strengthen the faith of the youth encouraging a deeper relationship with God.

During the spiritual week, various staffs were assigned to speak for each day. They delivered inspiring messages, motivating the youth to grow spiritually, abiding in the word of God as their guiding principles.

The weekend was filled with meaningful worship, meditation and prayer.



Teachers Orientation Program on 19th March, 2026





Teachers' Orientation Program was conducted on 19th March, 2026 at Riverside Adventist Academy by Pr. Pradeep Sangma, Northeast India Union Education Director. He started the orientation program with a prayer along with beautiful lines by Robert Frost. After which he spoke on the significance of resilience, determination and patience of being a teacher.

The Orientation also stressed on the importance of equipping teachers with updated knowledge, teaching strategies, and guidance for effective classroom management. Emphasis was placed on the importance of quality education, professional responsibility, and the role of teachers in shaping students' character and future. He also encouraged the staff not to be a mediocre teacher but to be great teachers inspiring students' lives.

The program was interactive, allowing staff to engage, ask questions, and share experiences. The RAA staff actively participated and also eminently benefited from the valuable insights shared during the session by Pr. Pradeep Sangma.



New Church Project – 2026





The construction of a new Church building for the Garo congregation has recently begun, marking a joyful and blessed milestone for the community. This meaningful project is being carried out by the Maranatha team.

Although the work is still in its early stages, Riverside family is immensely grateful for God's grace and guidance in making this vision a reality.

The beginning of this construction brings great happiness and hope to all members of the congregation.

The foundation of the church was led out by Dr. Tensrang Marak, the Principal of the school, after which a prayer was offered by Mr.



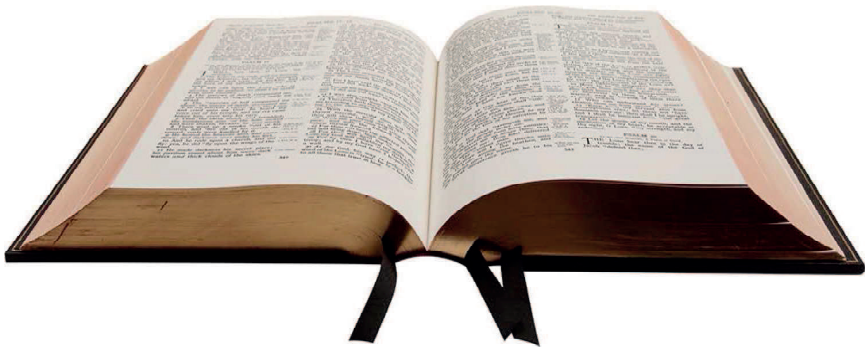
William Mack, ACI Sponsor, seeking for His guidance in all the plans and projects.

Riverside family would sincerely like to thank the Maranatha team for their ever-willing help in making the church and Institution grow. In addition, the team also renovated the school' s wall and conducted VBS for the students. The presence of the Maranatha team from California is a blessing for the school family.

Overall, we thank God for His abundant blessings and pray for the successful completion of the Church building in the days ahead.

Reported by: Dr. Tengsrang A Marak, Principal RAA.





BIBLE TIPS

The word “BIBLE” in the Bible

As a humble minister of the gospel of Jesus Christ, a student of the word of God, so called the Holy Bible. Let me share a little thought I had been experiencing in His service for 26 years; to ponder upon the sacred words of God together as we meditate daily, so that we all grow as mature Christians and stand firm in our faith, by upholding the only rule of faith and practice: is “Sola Scriptura” -scripture alone.

Have you ever thought to yourself and come across something that disturb your mind, pause for a moment, and as well for those lovers of Jesus Christ ask, as to **why?**

The word “**Bible**” itself does not appear inside the text of the Bible.

The word “**Bible**” comes from the **Greek word *biblia* (βιβλία)**, which means “**books**” or “**scrolls.**” It is related to ***biblion***, meaning a **small book or scroll**.

Originally, it was used to describe a **collection of sacred writings**, not a single book.



What the Bible calls itself

Instead of the word *Bible*, the scriptures use terms like:

1. **“Scripture” / “the Scriptures”** Example: *“All Scripture is given by inspiration of God...”* (2 Timothy 3:16)
2. **“The Law and the Prophets”** (for the Old Testament) Example: Luke 24:27
“The Word of God” Example: Hebrews 4:12
“The Holy Scriptures” Example: Romans 1:2

Historical Development

Early Christians began using **“ta biblia”** (Greek: “the books”) to refer to the sacred writings.

Over time, this term became **“Bible,” meaning the collection of inspired books.** When the term “Bible” first started being used in Christian history and how the canon of the Bible was formed?

The term **“Bible”** developed gradually in history. It was not used by the original writers of the Bible but appeared later in the early Christian era.

First Known Use for Scripture

The earliest recorded use of **“the books” (ta biblia)** for the sacred writings was around the **4th century AD**. A key figure connected with this usage is: **John Chrysostom** (c. 347–407 AD), he used the Greek term **“ta biblia”** when referring to the collection of sacred writings.

In this article or column for “Bible Tips” we have discovered together, how the English Holy Bible developed. Learn More

Contributed By: Pr. Lungaichungpou Gonmei, Northeast India Union Ministerial Director



ARE POTATOES GOOD FOR YOU?



Despite their popularity, potatoes continue to cause concern, getting caught up in the anti-carb debate. Dietician Nicole Perry cuts through the nutrition noise on the humble spud.

“Potatoes are an important part of diets around the world, and a healthy, budget-friendly staple. They contain essential nutrients such as potassium and vitamin C, which are important for energy, immunity, muscle, nerve and cardiovascular health.” Says Nicola.

“In fact, potatoes also contribute a small amount of protein, including all nine essential amino acids—a lesser-known benefit! While most vegetables contain little to no carbohydrates, as a starchy vegetable, potatoes naturally provide more carbohydrates, making them a quality source of energy for our brains and bodies.”



“Not all potatoes are equal though depending on the variety of potato, glycemic index (GI), which means how quickly or slowly a carbohydrate food is digested affects blood sugar levels, differs. This has unfortunately unfairly contributed to their bad carb reputation, despite all potatoes offering nutrients needed for health and quality energy to keep us going.”

Despite differences, there’s no need to avoid any type of potato, instead, choose potatoes that best complement your meal and your taste buds.

Here are healthy tips for eating potatoes:

1. KEEP THE SKIN ON:

“Wash the potatoes thoroughly, leaving the skin on for an extra fiber boost. The skin provides insoluble fiber, which helps keep us regular and plays an important role in carrying food through our digestive system.”

2. COOL FOR BETTER GUT HEALTH:

“Cooking and cooling potatoes increases their resistant starch content. This is another type of fiber, and it acts as a prebiotic, feeding the good bacteria in your gut. Cooled potatoes are good in dishes like potato salads.”

3. MIX IT UP:

“If you typically consume white potatoes, you could switch it up with sweet potatoes. White, purple, gold, and red sweet potatoes contain vitamins A and C, as well as potassium and powerful plant compounds with antioxidant benefits.”



4. FRESH, NOT FROZEN:

“Frozen fries are convenient, but they are typically pre-fried and may have added salt. With just a little extra time, homemade fries are a healthier way to get that takeaway taste, especially when oven-baking or using an air fryer.”

5. POP THEM IN THE PANTRY:

“Keep your potatoes in the pantry, not in the fridge. Storing them in a cool, dark place helps preserve their quality and prevents them from turning sweet or sprouting.

Article courtesy of Sanitorium Health Food Company.



MORAL STORIES



The Weight of the Empty Bag

Raman was a successful businessman in his town. He had a big house, many cars, and more money than he could count. Yet, he was always unhappy. He complained about everything—his workers, his family, even the weather.

One day, Raman met an old monk sitting under a tree near the marketplace. Seeing Raman's worried face, the monk asked, "Why do you look so troubled, my son?"

Raman replied, "I have everything, yet I feel no peace. My life feels heavy."

The monk smiled and handed him an empty bag. "Carry this bag with you everywhere today," he said.

Raman was confused but agreed. As the day passed, he carried the empty bag to his office, to lunch, and even back home. By evening,



he returned to the monk and said, “This bag is empty, yet it has become so tiring to carry around all day.”

The monk gently replied, “Your mind is like that bag. It is empty of real problems, yet you fill it with complaints, worries, and dissatisfaction. Even when life gives you many blessings, you keep carrying unnecessary weight.”

Raman realized his mistake. From that day on, he began to focus on gratitude instead of complaints. Slowly, his life felt lighter and happier.

Let’s turn to the Bible and see what it says in Philippians 2:14–15 (NIV): “Do everything without grumbling or arguing, so that you may become blameless and pure, ‘children of God without fault in a warped and crooked generation.’ Then you will shine among them like stars in the sky.”

Happiness does not depend on how much we have, but on how grateful we are for what we already possess.

Contributed by: Mrs. Sorinchon Shimray, NEIU Office Secretary.



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