















Editorial

This issue is different – the editorial team has not conducted any face-to-face meeting to discuss the development of this newsletter; we are publishing it only for online distribution. This year seems very different from the other years we have lived so far – the world has never experienced a global lockdown of this magnitude before; we have been advised to practise social distancing; church services, bible studies and prayer meetings are being held in the confines of our respective homes, through online connectivity, instead of gathering at the church building; we are evolving the ways we conduct our daily home, work and social activities.

In the midst of all the hustle and bustle (while geographically staying put in one place), our minds can also be fraught with worry or stress. Despite all these changes, there is one thing that has remained constant – Jesus Christ is the same yesterday, today and forever! The articles in this issue will give you glimpses of how His love and faithfulness continue to inspire us to praise and thank Him every moment. May the words of Isaiah 26:3 be our prayer: "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Spiritually Speaking



-Rev. Dr. Noulezhalie Ricky Medom, Pastor, Naga Christian Fellowship, Delhi

"Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God." Psalm 42:5

Psalm 42 is more than just an expression of superficial sentiment. It is meant as an instructive Psalm for those who are distraught and disheartened.

King David is seeking to share with others who have/are experiencing discouraging situations, and offers the wisdom and spiritual skill of dealing with the discouragement in a God-centred and therefore Biblical way. It is designed to make us wise in times of trouble if we would just take heed to its teachings.

Today we are living in a world where there is so much uncertainty about the future with daily discouragements rising up from fresh sources all the time. In such a scenario how easy it would be for us to submit to these disheartening influences, and collapse under the weight of them in a pile of despair.

But in this Psalm we find useful instruction for all times of discouragement, disillusionment and despair that we might face. Though we may not find ourselves in the same situation as David, who was actually fleeing from the presence of his own son

who sought his life, there are still important practical lessons to be learnt for all believers of all times here in this Psalm.

Psalm 42 captures the essence of a man in the crucible of real life and personal experience. And it can help us because the author has been through a very personal and real experience. It was not written in a vacuum nor an expression of thought far removed from the real life. It is not written from an ivory tower who writes with a sense of feeling and pathos but yet without experiencing the reality of that of which he writes.

David has experienced the sense of isolation and loneliness that discouragement and disillusionment can bring. He has experienced the continual rolling waves of being overwhelmed in the times of personal distress. You might even say he must have been at the point of giving up and throwing in the towel. How could a man endure as much as

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(contd...) David and not be given over to despair and soul crushing depression?

But no! Even in the very midst of his troubles, David still had a relationship with His God. He still had a passion for God. He was still determined to be his very best for his Lord.

"As the deer pants for the water brooks, So pants my soul for You, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, While they continually say to me, "Where is your God?" When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, With the voice of joy and praise, With a multitude that kept a pilgrim feast." (Psalm 42:1-4)

David still had a passion for God as strong as a pursued deer longing to quench its thirst. He craved the presence of God. He longed for a closer walk with God. This was what counted most with David, not his kingdom or personal blessing.

David then tells God about the troubles that He already knows about and then chooses to stay near to His God. Instead of running from the presence of the Lord or becoming bitter towards God, he draws near to God. Well before James ever wrote, 'draw near to God, and He will draw near to you,' David was practicing it.

'O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar. Deep

calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me. Yet the LORD will command his lovingkindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life (Ps 42:6-8).

David in his prayer seem to be saying 'Lord I feel such and such a way, but I know you are in control. You are in control both in the day and in the night, therefore 'come to you and I will yet trust in you. I will remember you, O my God. You have always been there for me, and not only for me, but for all my people also. No matter what befalls me, I will yet hope in God'.

Hope is not a vain feeling of perhaps something better will come, rather it is the certain expectation of faith in God that leaves its souls distress with the Lord. It is a recognition that God will indeed do what He has promised and therefore we trust Him.

'Hope thou in God: for I shall yet praise him for the help of his countenance (Ps 42:5b).'

David reaffirms that in His own time God will fulfill all His promises and everything would indeed work together for good. From the very midst of trouble David looks forward to the time when the sun will break through all the clouds of his present trouble. 'God is our refuge and strength, a very present help in trouble (46:1).' It is in this Rock that David now takes His shelter from the waves and billows that roll over him.

And here David tells us the answer and gives a clue how to face such conditions. David reveals to us what we need to do. He reminds his

own soul, as he does to us, we need to yet trust in God. We need to look to Him and not give up. And with David we can also say 'What shall we then say to these things? If God be for us, who can be against us (Rom 8:31)?' 'Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?' (Rom 8:35)

No matter what it is, look up. Whether it be the current devastating Corona virus, loss of loved ones, loss of a job, broken relationships, illness -hope in God, 'And we know that all things work together for good to them that love God, to them who are the called according to his purpose (Rom 8:28).'

And we know that all things work together for good to them that love God, to them who are the called according to his purpose

-Romans 8:28

In Retrospect A note from an old friend

privilege to share my experiences as a former student and an associate of Naga Christian Fellowship Delhi has unlocked many memories of how much I have been blessed through NCF. Thank you, Pastor and Editorial Team, this opportunity.

It has been almost 3 decades now and I recall those years with joy and gratitude. Those were the best days of my college life, more so because I had a family and a home away from home at NCF! I landed in Delhi in August 1991 for Graduation and Post-Graduation studies. It was around that time when Pastor Ricky and family had just been commissioned and took over NCF from Rev. Phuveyi Dozo who was then the Chairman. Although I was a fresher in a new community, the company of NCF friends and acquaintances from home was an added while blessing coping in this environment.In NCF, I became involved as a worship member, an Office Bearer, a Choir member and a Sunday School Teacher (I could've enrolled in more activities if there were more vacancies, haha). I was already an active member in my home church UBC, especially in the Youth Group and Sunday School Department. So NCF became an extension and a platform for me to expand, contribute, and grow even while I was far away from my home church.

I looked forward to Sundays – a time of joyous fellowship in worship, in singing, eating and meeting our Naga brothers & sisters! For me, the anticipation was greater as I was the only Naga in my entire College and I longed for Naga people and Naga food at NCF. Back in those days, mobile phone was unheard of. Our only mode of communication was to run to the nearest phone booth to update oneself of the time or any change in the programme or if one is expecting to be picked up by auto/scooty at a certain time and place.

Sunday was usually a whole day affair. My day woud start at 8:30 AM with an auto ride from my hostel near Connaught Place, the heart of Delhi, to South Delhi at Nagaland House, R.K.Puram where NCF services were held. The morning service followed by the refreshment usually took about 4 hours, after which we would have choir practice. After the afternoon meeting of chalking out the next Sunday programme, we would have lunch at restaurants, home or hostel. Anything tastes much better with friends and if it is Naga pork dish then it's on another level!

I am so grateful to God for protecting and preserving my life throughout the lone journey every weekend from my hostel to NCF and back, especially during those times when I returned very late after the day's programme. Our God is a Promise Keeper – His angels were constantly guarding me wherever I went!

After Graduation, handling PG studies alongside Sunday School Ministry was a challenge for me in terms of time, energy and creativity. Despite heavy demands and expectations from college to complete the assignments within deadlines, I had this joyful desire to help and participate in NCF as much as possible. God always answered my prayers. My life and pursuits revolved around college and NCF, where all my needs were met. I didn't have to go anywhere else to fill the gap because NCF got me covered! Being attached to NCF gave me the boldness to live a winsome Christ-like life towards my non-Christian friends at college and hostel. I used several opportunities to bring them to NCF, even gift them Bibles and sometimes orient them with our Naga culture.

NCF was a guide and an anchor for me. As I look back, I am grateful to God for NCF. If it were not for this fellowship and my family's prayers for me, I would have been so lonely, spiritually dry, and could have landed in the wrong company. I remain indebted to my

'spiritual parents' – the likes of Pastor Ricky and Aunty Viring, Aunty & Uncle Mozhui, Apfü Mene-ü – and my 'survival guides' – my seniors, close circle of friends and NCF members who were my greatest support and joy.

I would like to remind the present students that NCF is not only a spiritual recharger but takes care of the physical, social and emotional well-being as well. It provides outlets like picnics, movies, music concerts, cultural programmes, travels, competitions, adventures etc. Do not miss out on these clean fun activities. When you are away from home, NCF is your only and nearest 'home church'. In times of despair and helplessness, especially like the present pandemic, NCF remains the most reliable and dependable body. It is the right platform to introduce your non-Christian friends to. NCF needs you to carry on because you are part of it.

I would confidently encourage the present students to seek first the things that please our Father in Heaven and you will never be lacking in anything wherever you are placed! Never miss out on meeting with fellow believers at church. Pray for a good friend who loves the Lord and be accountable to each other in your spiritual growth. Find out where you can be the best use for His glory and give your best there. Stay connected with NCF!

Blessings, Mrs. Khrieseno Kikhi Zao Kohima, Nagaland.



A Parent's Belief



I am brave to respond with faith... that "God will never leave us nor forsake us". God Himself has assured us that "whoever believes in Him shall not perish but have eternal live" John 3:16

Today, with the unprecedented spread of Covid-19 pandemic, numerous lives have been lost, many are still

His love inspires me to...instill the same in others. Greetings to all in the name of our Lord Jesus Christ!

Amidst the global Covid-19 pandemic outbreak we all are bound to self-isolation and social distancing, refraining from our daily normal chores. Yet, we are reminded in the Bible to pray without ceasing and give thanks under all circumstances. This inspires me to believe that prayer is not the last resort but the first point of action. When the whole world is helpless and powerless, we believe that there is a God who bends His ear and listens to our prayer. When life turns bitter we need not blame God but instead strive to be better and

suffering from it; while the others are living in fear and uncertainty of the future. These difficult times call for people to realise the need to look up to God in prayer all the while more. And as for me and my family, we too have been spending time in prayer along with the rest of the world, but in these trying times our faith is tested and we saw in ourselves many shortcomings before the Lord. However, He has not left nor forsaken us, showing compassion and reminding us each day to be firmly rooted in Him. While reading the Bible during my quiet time with the Lord, I find comfort and refuge in His words, as written in Psalms 91:

¹He who dwells in the shelter of the most high will rest in the shadow of the almighty.

⁴He will cover you with His feathers, and

embrace a new season of Hope, for God's word still has relevant answers for the suffering in world and the lost souls. Let this be our prayer that God will use this situation to reveal Himself as the sole resolver of all our problems and needs. We are more than conquerors through Christ.

Let us set an exemplary life of being a true believer to our family, friends and neighbours. May this be a time that the sick people battling for life, the needy and the unbelievers to turn to Jesus Christ; that all may find peace and protection amidst the chaotic conditions that are upon us. Jesus Christ is our Shepherd; we fear no evil. Amen!

under His wings you will find refuge; His faithfulness will be your shield and rampart.

⁵ You will not fear the terror of night nor the arrow that flies by day nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

⁹ If you make the most high your dwelling, even the Lord who is my refuge-

¹⁰ Then no harm will come near your tent. For He will command His angels concerning you to guard you in all your ways.

In these hard times, our Lord has kept us safe under His wings, and I have faith that He will see us through the coming storms too. With prayer and faith I believe that when all this has passed, we will come out of it stronger in faith and action with the Lord.

- Mrs. Khuzovono Valeo



Dr. Neiwete Lomi Assistant professor, Eye specialist at AIIMS New Delhi



Young Adults

Keeping Hope Alive

Days are hard and life for sure is not easy. But this won't last; it's not the end. It was hope that brought you thus far; 'Hope' it will be to keep you going, For hope is never lost.

What is hope to you?
Perhaps an expectation of something good.
Wait, are you a Christian?
Then you must be confidently awaiting, in faith,
The promises your God had made.

What happens in the end?
You'd like to believe you made it.
Not exactly; but yes, the war is already won.
Where do you find that hope?
Through Christ our Lord indeed.

Each battle is yours to fight.

The enemy does have a nimble mind

And clearly wants you to give up.

So when trials take their toll and
patience runs dry,

You've got to follow the light and linger on.

Christ cares and is coming back.

Anchor your soul to this greatest hope –
The hope that is assuring and abiding.

"You will soar high on wings like eagles",
Says the one who is in control.

- Manü Chiero







Keeping Hope Alive

Since the fall of man, the consequence of sin and it's intractability has been extensive. Living in catastrophic times, species destruction, climate change, heightened military and terrorist devastation, economic crisis, rampant diseases and global poverty threaten to shut down the future. The sinful nature and greed of mankind lay at the root of suffering, universal or individual. A scramble through philosophy, politics, psychology, science and technology, has been the resort but never finding a response.

It was only Jesus who dived into the heart of the problem and offered Himself as the only eternal hope and redemption for who else would heal the human heart steeped in sin and depravity.

Often, it is through difficult circumstances that we find where our ultimate hope lies. Quoting Charles Spurgeon, "Hope itself is like a star – not to be seen in the sunshine of prosperity, and only to be discovered in the night of adversity." If we truly believe our suffering will be worked to create something good (Romans8:38),the darkness of hurt,

pain, grief, fear, loneliness and heartache will only produce hope. Opposite to what an atheist would believe, God is not indifferent to



struggle and suffering. If we believe in a reality consciously created by a loving God, then reality is stamped by that loving, caring God. And God is not someone who can lie. He is at the helm and He is, will and should be our only ever-present help (Psalm 46:1).

As the world is facing an unprecedented challenge in history, we may not understand the larger picture of how God works, but one thing for sure is that He will not abandon us. For our hope is not based on our circumstances. Whatever comes our way, we must take comfort in the truth that Christ is our only hope in life and death. And we must live truly with a living hope when the world run helter-skelter.

-Rinsit Vashum



Is There More To Being Still?

The world is anxious, afraid. In this modern fast pacing world, we may find the words 'being still' as foreign. Yet we are literally in 'stillness' by the circumstances of the coronavirus pandemic. There is a universal feeling of increased vulnerability due to this pandemic.

Being 'still' primarily means 'not moving' stems from the Hebrew lexicon "râphâh" meaning- 'stop striving'. The words 'be still' from the Holy Scripture {Psalm 46:10} sheds light on the imperative command of our Almighty God. The 46th chapter of Psalm infers on the Omnipresence and Sovereign nature of our God, through whom we find refuge and strength. Knowing that He is God, He commands us to rest in His presence as He is in total control of everything.

Being still doesn't mean to physically be still and stop what we ought to do. Rather it means to put our trust in God and be still in our minds, at peace in our hearts and spirit regardless of circumstance. It is the encounter and understanding of God's love that causes

us to cease in our self-striving, to give control of ourselves to God.

As God is in control, we should stop being anxious about the battles we face. We should surrender, as we take comfort in God to provide help, strength and safety. For Indeed God is our refuge. By trusting and diligently obeying God's command, we must learn to tell our fearful and anxious thoughts to hush up {Just as Jesus calmed the sea [Mark 4:39]}.

Being still and knowing He is God means moving to a new level of trust-a level that will challenge our faith in remarkable ways. When we put all our trust in Him, we experience His unfailing love. We can rest calmly, be untroubled and at peace knowing that when troubles threaten to overtake us,God's presence surrounds us.

Therefore, put on the full armor of God, to stand our ground [Ephesians 6:13]. God is our only hope and our path to peace is through His Son, our Savior, Jesus Christ. Being still is not a weakness but a strength, one we need in order to achieve the

greatness that God planned us for. Let us be encouraged!

This pandemic has caused us to look at the world in a new light. Let us learn to 'be still' and put all our trust in God. Let us recommit again, our hearts and life to our Lord remembering how great, good, strong and mighty and how faithful our God truly is. This is a time of great and how faithful our God truly is. This is a time of great awakening for the whole world and I believe that God is working mightily in the midst of this pandemic.

May the peace of God be with us all. Amen!

-Lone Ltu









With Love, Mothers

ear Child,

I praise and thank God every day for you, remembering children are life's greatest gift from Him our Creator. You have enriched my life in various ways and I love you, my delightful one.

I came across this very beautiful song "Above All Else" by Michael and Stormie Omartian, and much of what's in my heart that I would like to say to you is very poignantly expressed in the lyrics of this song. So here it goes –

So much to say and just a lifetime to say it. How quickly time passes.

If I had my way, I'd keep you safe within my arms And when the winds of hope are dying down, While the storm of life crashes.

I won't always be with you, my child, But words I can give. When the winds of hope are dying down, These words will live

Above all else, know God's the one who will never leave you. Look to Him above all else.

He is love you can depend upon, a heart set to care.

If in the darkest night you should be lost, He will be there.

I won't always be with you, my child,

But words I can give.

These words will live.

Above all else, know God is good and you can trust Him.

Look to Him above all else. He's the Everlasting Father In His hands you'll never fall.

He's the One who holds it all, above all else

He's the Author of your laughter, He's the Keeper of your tears, He's the One who you must fear, Above all else.

He's the Giver of the kingdom Bought for you right from the start, And He'll ask you for your heart Above all else.

So much to say and not enough time to say it.

Just love the Lord above all else.

Besides, have an attitude of gratefulness for every blessing you receive each day of your life. A grateful heart never fails to please God. Also remember Proverbs 3:5–8 that reminds us to trust in the Lord with all our heart. Acknowledging and honouring God is what He asks of all of us. By doing that, you will prosper and you will be successful. Be truthful in all of your dealings. Love yourself. Love others. Be good to your parents. Take care of your body where the Holy Spirit dwells. Keep it pure.

There are also eight good things that Philippians 4:8 tells us to think about and meditate on daily:

- 1. Whatever things are true = genuine, authentic, accurate
- 2. Whatever things are noble = honourable, admirable, superior
- 3. Whatever things are just = fair, upright, lawful
- 4. Whatever things are pure = clean, chaste, undefiled
- 5. Whatever things are lovely = pleasing, charming, splendid
- 6. Whatever things are of good report = admirable, worthwhile, positive
- 7. Whatever things are virtuous = moral, ethical, excellent
- 8. Whatever things are praiseworthy = laudable, admirable, commendable

Lastly, let me leave you with a favourite Bible verse I memorized in Hebrew! Isaiah 41:10



Mrs. Tuttu Rasino

"Al-ti-ra ki eem-cha-Ani al-tish-ta ki-Ani Elo-he-cha ee-matz-ti-cha af azar-ti-cha af-te-mach-ticha bi-ye-min tzid-ki."

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

If I can memorize it, you CAN!! Say it! Remind God of His own promises to us. He loves it when you do that. He will smile on you! Till next time, God Bless you.

Very lovingly, Mother



Mother's Recipe: Sweet Potato Pudding



Mrs. Nina Katayama

Difficulty level – Easy
Sweet potato baking time – 1 hour
(wrapped with a foil)
Cooking time – 40 minutes
Serves – 4

INGREDIENTS:

Part 1

- a. Baked sweet potato 150g
- b. Granulated sugar 40g
- c. Butter 20g
- d. Honey 40g

Part 2

- a. Egg 1 full egg + one yolk
- b. Granulated sugar 40g
- c. Milk -1 1/4 cup

Caramel: 75g granule sugar + 2 tbsp. water

STEPS

- 1. Combine the sugar and water and bring to boil, stirring frequently until the liquid turns golden brown.
- 2. Immediately pour into a baking tin, tilting quickly until the caramelized sugar coats the bottom equally.
- 3. Peel and mash the sweet potato into a smooth paste or make it a bit chunky, depending on your preference.
- 4. Add the remaining ingredients of Part 1 and mix well.
- 5. In a large bowl, beat the Part 2 ingredients until smooth. Also mix the Part 1.
- 6. Pour the mixture into the caramelized tin and place the tin on a baking tray. Pour boiling water into the baking tray.
- 7. Pop it into a pre-heated oven (at 200°C) for 40 minutes. Then remove it from the water bath and let it cool.
- 8. Place a dessert plate over the top and flip upside down carefully.
- 9. Allow it to cool before serving.

Mothers of all kinds

We do not cease to give thanks for you, remembering you in our prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of Him, having the eyes of your hearts enlightened, that you may know what is the hope to which He has called you, what are the riches of His glorious inheritance in the saints, and what is the immeasurable greatness of His power toward us who believe, according to the working of His great might that He worked in Christ when He raised Him from the dead and seated Him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. And He put all things under His feet and gave Him as head over all things to the church, which is His body, the fullness of Him who fills all in all. (Ephesians 1:16-23)



"Honor her for all that her hands have done, and let her works bring her praise at the city gate." Proverbs 31:31



Meing a Christian Nurse

hen in January 2020, the country of China especially Wuhan city was ravaged by Covid-19 I would watch video clips of the situation out there and sympathize

with them. People were locked in their own houses, healthcare workers bade farewell to their families to take care of the critically ill patients, and the whole city was under lockdown. Fast forward to two-and-a-half months later, our country was beginning to prepare itself for the worst, with new cases being reported and lockdown being imposed. Before I knew it, the call of my profession and duty had propelled me to be one of the 'front liners' in the battle against this pandemic. And along with it came physical, emotional, and spiritual upheaval in a matter of weeks. What didn't help the matter was my better half (also a medical professional) became even busier than usual due to his Covid-19 engagement.

Even before this pandemic, I stressed over how with both me and my husband away at work we had to rely on paid help for the care of kids and the smooth functioning of my home. Now I had to manage both, minus the support of my helper. I also had the added responsibility like any parent out there, to try and prevent my young children from catching the dreaded virus. Which meant two baths daily (before and after work), sanitizing clothes before washing them, regularly sanitizing the home

-sometimes even the groceries too. First and foremost, we had to decide who would take care of our kids while we went to work. Getting or applying for leave was out of the question. But God in His wonderful providence provided help in the form of my own sister's family. Since she was allowed to work from home, she and her family graciously agreed to help out. They have been a strong pillar of support for my family. Then there was the problem of commuting to work and again God provided a rickshaw-puller who readily offered me his services.

The next challenge to tackle was school work. Kids were given daily assignments, were expected to attend online classes, and study for a couple of hours every day.

We struggled to keep up with the pace and finally just settled to studying whenever we could and that worked just fine for us. The lockdown was also stressful for the kids as they were confined at home, not able to play outdoors, being exposed to longer (and therefore unhealthy) screen-time. When some families were able to have quality time during these 'lockdown days', my children silently suffered from getting full attention and care from us. We could only look up to the Lord to cover our children's mental, emotional, and physical health with His able and mighty hands.

At my workplace, although I have

not been assigned to care for a Covid-19 positive-patient yet, still there has been no dearth of critically ill patients to take care of. The young mother-of-three who was just diagnosed with advanced breast cancer still had to have the life-saving surgery, and ditto for the young man involved in a road accident who, among other injuries, had to have an emergency surgery to remove his burst spleen...the list went on. We have had a scare or two when some patients showed symptoms similar to that of Covid-19, but thankfully (and after much suspense), each time their test results came back negative. However, such times were an opportunity wherein we also saw our true nature and of the people around us. We can allow fear to paralyze us and hamper our rationality or we can rise above the situation and display one's courage, bravery,



(contd...)

Mrs. Unsah-na Dzeyie Nursing Officer at AIIMS, New Delhi



(contd...) or even the strength of one's faith.

During these trying times, I found encouragement from various sources-

- Scripture passages where God Almighty assures His people that no harm will come to them [Zephaniah 3: 15, 17] and promises His continuous presence in the midst of difficulties
- My family could not have daily family devotions, but once in a while I had some quiet time alone with God, meditating on His Word
- Short but heartfelt prayers with my kids just before their bedtime
- The sermons that our dear Pastor shared
- Words of wisdom and encouragement on social media from men and women of God.

Today, the whole world is going through this pandemic and looking up for encouragement, hope, and solution. We have the opportunity to exercise courage, be hopeful, and demonstrate God's love to the world. Let us strive to be a blessing to one another when the ugly side of humanity tends to show itself. We all need to be kind, compassionate, and considerate. Let us all be encouraged, and not despair but rather look up to God and be filled with Hope. Our God reigns, and He will most surely rescue His own. Let us also take this time to fix our eyes on things that matter and not on things of this world.

n honour of the 200th birth of **Florence** anniversary Nightingale, the World Health Organization has designated 2020 as the "Year of the Nurse and Midwife". Being born and brought up in a Catholic sphere, I familiarised myself with nuns and priests of the Catholic Church at an early age. My main influence as a health care worker had come from Mother Teresa and Florence Nightingale about whom I had learnt as a child in my Catholic school. But being a child, I had very little knowledge about being a health care worker and the challenges it would bring. Being in the nursing profession demanded a lot more than just a job. I've realized that one cannot be a good health care professional unless one has a serving heart. One has to have a quality to approach others mentally, physically and emotionally. One has to have a caring heart. I have begun to realize these aspects of nursing in light of the pandemic we find ourselves in.

Although most patients of Covid-19 have been treated in government hospitals, we have had our fair share of patients too. The death tolls increase as we have seen it happening in our premises itself. Knowing the vulnerability of the situation, panic was settling in among many staff members. Several have been instructed to self-quarantine. We had been advised to distance ourselves from our families. Amidst such tribulations, I realized lots of opportunities to converse with my

colleagues and patients about the love of God, and His promises to us. My co-workers had become more approachable than ever before, sharing their emotional burdens and difficulties. One of my young colleagues had even asked me, "Didi (sister) please give me a hug. Don't worry, I've disinfected myself". She had been posted to the Covid-19 ward. It is a time of trouble and anxiety. Many of us are coming together, leaving our differences behind to help each other emotionally and mentally. It is our privilege to be able to connect with people through the principles of His attributes. One thing I like about our hospital is that we all come together in our respective wards and sing, share and pray for each other every morning before we start our day. I had been allowed to return home for the Easter Sunday after being confined to the hospital premises working for a stretch of eighteen days. On reaching home, I was told our neighbours had been wanting to seek my medical



Mrs. Anjela Narjinary Staff Nurse at St.Stephen's Hospital, New Delhi.



(contd...) help while I was away. We quite often find our neighbours visiting us to ask slight favours like bandages, cotton-swabs, need to have injections or even elderly people, who need to have their drips at home. No doubt this time too, some people came asking for masks! Thankfully, my husband always keeps extra masks at home which came in handy. I feel this pandemic serves as a good time and opportunity to show others the discipleship of Christ, and also try to convey to others, in whom we believe and trust in. Yes, these are atrocious times, fear and panic may be settling in among us. But it is also a time to display our courage, trust and prayers. It can be taken as an opportunity to show God's love. Over the years in Delhi, I have found it easier to approach people by serving or helping their needs and simultaneously convey the gospel of Christ through itrather than confronting them on their beliefs.

It is in such atrocious times, that we need to pray and put all our faith and trust in Him. I have personally never experienced putting such tremendous trust in Him than I currently do now. The government, media, and the world as a whole, talks about Personal Protective Equipment for the frontline healthcare workers. It is indeed very important but the fact is that we also need mental, emotional and physical soundness to cope up with the pandemic, which is possible only when we surrender ourselves to His mighty hands. Regardless of the effort we put in to take care and protect ourselves, we are constantly exposed to such threats every day. This is where we need to trust and depend on Him. It is only in His hands that we are safe! God speed!



The World Health Organization (WHO) has designated the year 2020 as the "Year of the Nurse and Midwife". And on this line, NCF Delhi acknowledges the resilience, passion, dedication of nurses and midwives all around the world.

Quarantine Devotional

Quarantine Devotional- An initiative started by NCF Delhi where members, both old and present, participated by sharing on social media about their reflections on God's word during this time of social distancing with the hashtags #quarantinedevotional#ncfdelhi

Amidst the glorious shouts of Hosanna He knew that the day was not far when He will hear the deafening cries of 'crucify him'. When He saw the palm leaves on His path He knew of the day when thorns will be twisted on His head. When they placed garments on the ground to adorned His way He knew that the day will soon come when His own garments will be stripped off. When they cheered and hailed Him as king He knew the day will come when they mock Him as king. This day no one laughed at the King on a donkey but He knew of the day when they will spit on Him and curse Him. I tried to picture Jesus's triumphant entry into the holy city and it occurred to me that He displayed no splendour, He was the same. He wore no crown nor any majestic gown and He chose to ride on a donkey. He had no chariots to escort Him and no faithful scribe announced His great deeds to the crowd. Surely no king would enter a city like that. It was the people who saw a glimpse of the divine, of the long promised Messiah and it was they who received Him with shouts of joy and jubilation. But it was the people again who denounced Him days later and cried for His blood. It was the people who nailed Him to a cross. He remained the same. But I sometimes think that when Christ entered Jerusalem on Palm Sunday, He saw that glorious day when He would once again make His entry as the God of all creation. On that day even stones would shout praises for Him.

~Thejalhoukho Casavi





Vítsíaví



Matthew 6:31-34

Evalí



Psalms 46

Silvia



Kekhrienienuo



John 6:35 Asanyü



Exodus 35:30-35

Evalí



Have you had a Gethsemane?

Ningthuiliu

Let us say a prayer for-

- 1. Daily wage earners who lost their livelihood 2. Migrant workers who have to walk hundreds of Km to go back home as transportation is not
- 3. Health, Police and various other workers risking everything .everyday outside their home comfort for others safety

So during this lockdown if you have the liberty to sleep, eat & chill at home with Netflix, Internet etc. consider yourself blessed and may you reflect on the word of God.



Bobo Nsarangbe



Psalms 46:10

Silvia



Be still and know that I am God

Chunthailiu



Sheltering in the promise of God's protection

Visieno



Arhe Kire



Psalms 31:24

Kílang



Matthew 21:9

Ningthuiliu,



Psalms 46:10

12

Chunthailíu



Psalms 46:1

Silvia

THE JERUSALEM TIMES

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No: XIXII

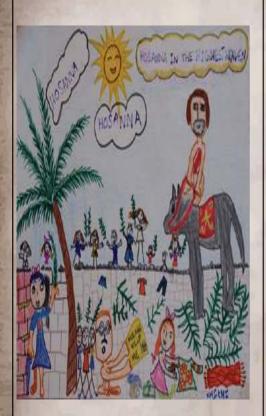


Image by: Vithonuo Puwnperi Dzeyie

Jesus Arrives In Jerusalem

April, 29 AD:-On Sunday, Jesus Christ made a triumphant entry into Jerusalem riding a donkey. All the people, boys, and girls, young and old were seen gathering around Jerusalem city. They took palm branches and even their clothes and laid on the path where Jesus Christ was riding in. People shouted Hosanna and sang praise to His name because they knew that He is their saviour Christ. This Sunday reminded us how special Jesus is and how much He loves everyone.

Staff Reporter: Eric Adekanmbi

Jesus' Last Meal

April, 29 AD: Jesus, 33, who was hailed as the King of Kings upon his arrival at Jerusalem on Sunday had a conspicuous supper with his twelve disciples in the upper room of a house on Thursday night.

John and Peter, two disciples of Jesus' had arranged the meal.

According to reliable sources, Jesus had given an indication of it being the last supper and how he had looked forward to eat his last meal with all of them.

Jesus took the bread, thanked the Lord and gave it to His disciples and said, "This bread is my flesh." Jesus then picked up a cup of wine and once again thanked the Lord. Offering the wine, he said, "This is my blood". All his disciples ate the bread and drank the wine.

After the meal was over, Jesus washed the feet of his disciples as he loved them. Thus, teaching them to serve and love others.

Thus, in this act, He taught them to serve and love others.

Staff Reporter : Kimeri Ngullie



Image by: Vilhousier Sanchu



Image by : W Yanboh Konyak

Peter Denies Knowing Jesus

This evening in an unexpected turn of events, Peter, known to be Jesus' closest disciple, denies Him. Witnesses claim that in the house of the High Priest Peter denies Jesus 3 times. First, to a servant girl and a second and third time to 2 different people. When the rooster

crowed Jesus looked at Peter and Peter remembered that Jesus had earlier predicted his denial. Peter realised what he had done and was filled with remorse and wept bitterly.

Poor Peter! Well, after all it is human nature to be afraid in the face of danger.

Staff Reporter : Aalaya Chandola

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Jesus Is Crucified

Recent reports from the frontline in the hill of Calvary tell of Jesus Christ who was crucified bringing to completion a prophecy prophesied long

A huge crowd was seen gathered at the hill of Calvary. Excitement and chaos was all around. People had come to see the crucifixion of the man who called himself the Son of God, Jesus was his name. The people mocked him and made him climb the high hill of Calvary with a cross.

The same crowd which had welcomed him a few days ago with palm leaves were now totally against him. Nailed to the cross, Jesus bled and died fulfilling a promise, the promise of God's love and redemption for all of us. We may be a mess, but we are forgiven and saved through the death and sacrifice of Jesus Christ.

It's Good Friday!!!

Staff Reporter: A.Khrukreihrii

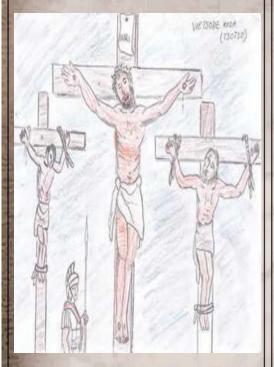


Image by: Vietsode Koza

Jesus Comes Back To Life

Following the subsequent arrest, crucifixion and burial of Jesus Christ, 33, the local people of Jerusalem awoke to the news of a resurrection.

According to some eyewitnesses, Jesus rose again after three days on Sunday morning. Mary, Mary Magdalene and Martha who were on their way to pour special ointments on Jesus' body found the stone rolled away and the tomb empty.

It was reported that John and Peter also ran to the tomb to see but found it empty

Speaking to Jerusalem Times, Mary Magdalene claimed that as she was weeping in the garden when she saw Jesus standing there.. "I thought he was a gardener" she said in the interview. "But then I realized it was Jesus," she added. She was then instructed to go and tell his disciples.

At the time of reporting, it has been confirmed that Jesus went on to meet his disciples.



Image by: Lolevi Valeo

He appeared to two of his disciples on the road to Emmaus and later to all the others in a house where the believers had gathered on that fateful Sunday evening

Staff Reporter: Eva Mijing Narjinary

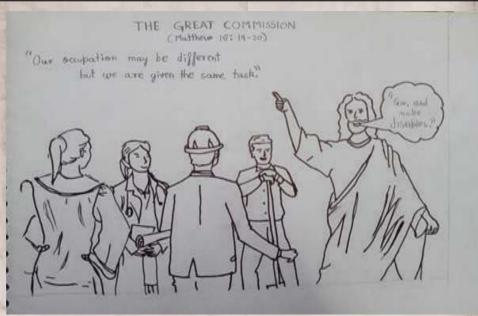


Image by: Imcharen Daniel

A Call To All Nations

As per reports, after the resurrection Jesus Christ met with his disciples on a mountain in the city of Galilee.

They were commissioned to go out to all the nations- making disciples, baptizing, teaching and instructing new believers on the commandments of God.

According to the Eleven, Jesus finished His

commission with a profound promise:" And remember, I am with you always, to the end of the age."

Further, sources claimed that after His final instructions, Jesus was taken up into Heaven. As a cloud obscured Him from view, the men continued to stare up into the sky.

Staff Reporter : Kevipunuo Mere

THE JERUSALEM TIMES Our Correspondents

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Vilhousier Sanchu, Class 7



A.Khrukreihrü, Class 5



Lolevi Valeo, Class 4



W Yanboh Konyak, Class 12



Vithonuo Puwnperi Dzeyie, Class 3



Kimeri Ngullie, Class 12



Kevipunuo Mere, Class 9



Aalaya Chandola, Class 9



Imcharen Daniel, Class 10



Vietsode Koza, Class 3



Eva Mijing Narjinary, Class 5



Eric Adekanmbi, Class 3

Food and Music Concert

The NCF annual food and music concert was held with great pomp like always. The event showcased one's God-given talents and gifts, blessing both the performers and the viewers. Beautiful music intertwined with scrumptious food; it was indeed a sight to behold.













Carol, Christmas, Mew Year

he festive mood began with a Christmas carol where the youths had warm fellowships with several NCF families over hymns, carols and prayers. It was a time to celebrate and remind each other of the birth of our Savior into the world, and into our hearts. The new year was welcomed with joy, hope and peace as members gathered together to end the year merrily with a thanksgiving dinner and warm fellowship.























Valentine's Day

bruary 14th, a day to celebrate God's love which embraces and binds us together, and unconditional love which has no bounds and teaches us to love one another. A wonderful evening of worship under the theme "Love Promised" through music, words and food.





















Cultural Sunday

elebrating our rich diversity and culture, the Cultural Sunday was held on 23rd February, with everyone adorning various traditional ornaments and garments. It concluded with a lovely group photo to commemorate the day!















Women's Day

Not all heroes wear capes! A mother, daughter, wife and a sister. The importance of a woman in one's life cannot simply be explained by mere words. Thus, NCF as a congregation, presented flowers as a small token of appreciation and love to the women on this auspicious day.











Sports Day

With the arrival of Spring, another round of fellowship was held over various activities kicking off start the NCFD sports Day on 14th of March. One could see the competitiveness oozing from members of all age groups, with team spirit being the focal point to a fun-filled blessed time.















Sunday School Picnic

CF Delhi family celebrates the value and worth that God places on children. In addition to helping the children discover and experience the love of God, the Sunday School teachers also give them bags of fun. The Annual NCF Delhi Sunday school picnic was a fun-filled day with food, games, laughter, and great photos.





















hilst face-to-face contact is impossible during these unprecedented times, NCF family is gathering, saying hello and worshipping together virtually via Zoom app. We are staying connected and looking out for each other through our regular activities which include Sunday services, Bible study groups, Sunday school class, and Prayer meeting.

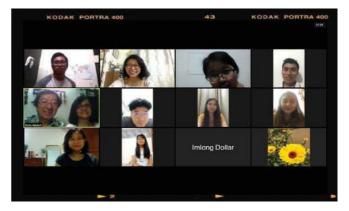


















Prayer Focus

- 1. Praise God for virtual services where the church can fellowship safely from our homes. Pray that the spirit of God will minister to the members' needs through these activities.
- 2. We thank the Lord that we get more time to spend at home with our family.
- 3. We thank the Lord that we get more time to spend with Him.
- 4. We thank the Lord for His goodness, enduring love and mercies that are new every morning (Psalm 100:4-5).
- 5. Praise God that despite our helplessness, His word guides us to respond to this crisis by devoting ourselves in prayer and being watchful and thankful (Colossians 4:2).
- 6. Pray for Pastor and leaders (the shepherd) as they minister and take care of the church (the sheep) through prayer and online services. Pray that they are sensitive to the spiritual and physical needs of the members and beyond, and the church will serve as a shining example during this crisis.
- 7. Pray that God will open ways to share the gospel with those who do not yet know the Lord through calls, messages, social media, etc.
- 8. Pray that God will protect and provide for the needy and those directly affected by COVID-19. May the Spirit reveal to us how we can be good and giving neighbors.
- 9. Pray for the health and protection of those who are in the high-risk group because of their age or being immunocompromised.
- 10. Pray for the mental health and protection of our members, especially for doctors, nurses and healthcare givers all over the world.
- 11. Pray for the leaders of the country, states, government machinery and civil organisations. Pray for their wisdom, good sense and empathy for the vulnerable during this crisis.
- 12. Pray that we will not fear any bad news but that we keep a steadfast and trusting heart.
- 13. Pray for the spiritual lives of NCF youth members and their thriving relationship with Christ, thereby being the 'salt and light' of the world.
- 14. Pray for the stranded people and migrants across the country who are homesick and surviving in difficult circumstances.

May the good Lord bless you and the family you are about to start! Best wishes.

Mr. Keneilhouzo and Mrs. Peteneinuo Sekhose 14th December 2019

Mr. Biswajit Paul and Mrs. Ramzanlung 22nd January 2020

Mr. Ninoto and Mrs. Khiuzan Zhimomi

7th March 2020

Mr. Noketho and Mrs. Akhrie Rhetso 10th January 2020

Thank You!

. Mr. Uriah Naulak for your laudable contribution to Spark Newsletter as an editor

. The Prayer Committee for putting together the Prayer Focus

Congratulations!

Atsen and Bendangrenla Murry for the safe arrival of their beautiful baby girl, Alina Murry born on 1st January, 2020

Jane and Neipekreizo Kesiezie for the safe arrival of their beautiful baby girl, Theyiesinuo Kesiezie born on 3rd January, 2020

Jennifer Pongen and Mohamed Aeyad Laswad for the safe arrival of their beautiful baby girl, Ethar Imliren Laswad born on 25th April, 2020



• Kilang Jamir on completing M.Div. course and graduating from Union Biblical Seminary Pune

 Kethozhavi Liegise on completing M.Div. course and graduating from SAIACS, Bangalore



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