

SPARK

A publication by Naga Christian Fellowship Delhi
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Spark – *a tiny beginning or vestige, as of life, interest, excitement, etc.* Collins Dictionary's definition is a brief but apt description of the name of NCF Delhi newsletter. Pastor Ricky Medom and his wife, Mrs. Viring, first started the Medom Bulletin that they would send out to friends – a one-page personal bulletin with updates about their ministry journey and seeking prayers of their well-wishers. Pastor Ricky started the Patkai Bulletin when he served at the Patkai Christian College from 1985–1987 that contained a regular 'Spiritually Speaking' column. From there, the same column was carried over to Spark newsletter from 1992 till the present.

Having come a long way with so many faithful editorial team members, enthusiastic contributors, inspiring articles and supportive readers, Spark has witnessed God's faithfulness and providence. It is a testimony to how God has worked and is still working in the lives of NCF Delhi members. It is a platform for people to share their stories of blessings, struggles and faith. It is a spark that seeks to light up someone's life with hope and stir up excitement in serving the Lord in whatever capacity he/she is enabled to do.



Editorial



Several months into the pandemic, life presses on after a global standstill. Adapting to the change in lifestyle, our mind and spirit tends to grow drained and weary. With the pandemic showing no signs of receding, this issue hopes to highlight God's faithfulness even in troubled times. As written in *Romans 5:3-5* "*Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us*", may our challenges bloom into perseverance, finding utmost joy in serving Him. Steadfast in faith and hope, we can be confident that the God who is above all else, will surely never fail us. Amidst all the circumstances, may we find the essence of our perseverance and also, that it is Him alone who gives meaning to it all. May we continue to flourish into maturity as His followers.

From :

Ningthuiliu Gonmei, Rangding Meru, Thangsuanlian Guite, Visieno Kiso, Weneiü (Anile) Mero.

Spiritually Speaking

The Gift of Struggling well!

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." James 1:2-5

There is an old story told of a man who was walking around the country side. He came across a tiny cocoon attached to a small branch and, to his amazement saw a butterfly trying to fight its way through the shell and break free from its home of several weeks. Through the sheer shell of the cocoon, he could see the bright wings of the butterfly slightly twitching as the new creation struggled to emerge from its tight cocoon.

The man, captivated by curiosity, watched this sight he had never seen before. For several hours, he sat there mesmerized, watching the butterfly struggling to fit through the small opening! The butterfly continued to struggle immensely to the point of exhaustion. Every

now and then, it paused to rest before resuming its intense mission.

Finally driven by a sense of compassion and impatience, the man decided to help and taking out his pocket knife, cut off a portion of the cocoon shell making the opening large enough for the butterfly to exit. The butterfly emerged easily and fell to the ground. Now the man waited excitedly for the butterfly to spread its wings and fly away. But the butterfly never flew. In fact, it spent the rest of its life crawling around with a swollen body and shriveled wings.

What the man did not realize was that the restricted cocoon and the struggle required by the butterfly to get through the tiny opening were nature's way of forcing fluid from the body of the butterfly to strengthen its wings. Then the butterfly would be ready for flight once it achieved its freedom from the cocoon. But now it never developed the necessary muscle strength needed to fly. The struggle was nature's way of training the butterfly to reach its full potential.

Many times in our lives struggles are exactly what we need. What we often don't realise is that suffering is part of

the journey towards well-being. No one likes the struggle. It's stressful, painful, and often lasts longer than we would like. And so we give up. We short circuit the process that would strengthen us for life. There are no shortcuts and the only way out is to go through it. And the strength formed through struggle is the key ingredient required to soar. Our struggles don't only transform us but gives us wings that give us the ability to fly to unimaginable heights.

So the Bible God's Word tells us to adopt a radical attitude when we encounter various trials when it tells us, *"Consider it all joy when you fall into various trials"* knowing it strengthens us and gives us wings to fly. But we can do this only if we understand that it is necessary to submit to the refining process.

Enduring trials with joy goes against our natural inclination. When trials hit, we're all prone to ask, "Why is this happening to me?" But that is usually the wrong question. Sometimes, God graciously reveals to us the reason for our suffering, but not always. Often the answer to why we suffer must wait until we're in heaven. The important questions to ask when a trial hits are, "How can I understand this trial from God's perspective? How can I navigate through this storm in

such a way as to bring glory to God? How can this trial help me grow in maturity?"

May the Lord help us to struggle well during these days of trial and enable us to live for His glory alone!



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

Parents' Page

You are Psalms

"Some people think you never get discouraged, but the fact is, when you do, you know where to run. Your prayers are open and honest because you realise that God already knows your heart, He's just waiting to hear you spill it. And when you do, what starts out as heavy ends up becoming a song of praise. You may struggle...and often you do...but each time, you grow in your understanding of God's faithfulness.

You're just a song waiting to happen."

Song Title 1: *Psalms 40:11*

In this time of uncertainty where there's pain, fear and suffering due to Covid-19, this verse reminds me to consider and reflect on God's constant supply of His tender mercies. As a mother, I am overly concerned and troubled about my children when people around us are affected by Covid-19. But there's peace in my heart because I know and believe that God is in control and His protection hand is upon my family. I am confident that my help would never be denied or refused and His love and faithfulness will carry me through this difficult time. In the midst of

the unknown, His promises comfort and uplift my soul to hope, pray, keep my focus on God and persevere to the end. For He will fight for me and never put me in the hands of danger as long as I have faith and trust in Him.



Neipfetuonuo
Sanchu



Song Title 2: *Psalms 54:4*

It is not easy to suddenly shift and adapt ourselves to a new way of life; making home as office, meeting room to zoom and most importantly, to see our children's impatience to stay inside; always wanting to go out and play with friends. But it is He, who sustains and protects us. Though this pandemic has restrained and affected our physical and social activities, our hope, faith and relation with Him have become stronger and closer. The Lord has given us this special time to build our courage, faith and refocus our purpose of life as Christians, to introspect ourselves, to come and be with Him, and to be transformed by Him. These pandemic days have taught me many things such as: how to stay positive, how to be patient and strong and how to value our life in any circumstances we face. In Him, we are always assured of peace, love, joy and safety.



Mütosie Ngouri

Song Title 3: *Psalms 57:1*

In the midst of all uncertainty, changes and unpredictability in our lives due to COVID-19 pandemic, I started to realize that God is giving me an opportunity to reconcile with Him. I started to seek God's presence in my life. Like King David who said "*Create in me a clean heart O God. And renew a right spirit within me*", I once again renewed my heart through Jesus. We need to ask God for His mercy, and take shelter under His wings until the pandemic has passed. We are tired and growing weary of adjusting with our new ways of doing things and isolating ourselves from relatives, friends and social activities for so long. A sense of insecurity and loneliness has gripped our minds and thoughts. But as Children of the Living God, we are told to lay our burdens upon Him because He alone is the answer and solution to this world. Let us persevere in faith during this pandemic time and believe that God will deliver us from disaster just as He has promised us in the Scripture.



Hringkan Tsukrü

Youth Page

Your Name

El Shaddai

When Abram was 99 years old, the Lord appeared to him and said, *"I am God Almighty (El Shaddai); walk before me faithfully and be blameless"* (Genesis 17:1). Later in the same chapter, God changed Abram's name to Abraham, meaning 'father of many nations'. It was completely crazy for a childless man to have such a name. But God accomplished the meaning of the name in Abraham.

Sarah (Abraham's wife) gave birth to Isaac despite the fact that she was well past the time people normally gives birth (she was about 90 years old at the time). It was impossible by all biological means, but God could enable it because He is El Shaddai.

It was on August 20, 2011 that I surrendered my life to the God who appeared to Abraham, and from that very day God gave me a new identity – a child of God. I trust that He will accomplish the meaning of this new identity in me. As of now, I have been making unsuccessful attempts to clear NPSC/UPSC exams for 4 years. It is exhausting and depressing but knowing that God is almighty helps me live a life full of purpose and without fear.

-M Shomwang Konyak
Graduate in Geography
Kohima Science College



El Roi

This is my short testimony that made me realize that God loves me, sees me and will always be there to protect me. There was a time in my life when I was not in a good mental state. I had everything any child could ask for – loving family, good school, good academic performance. But I did not feel okay. Nothing could perk my interest anymore. I had no idea what was going on with me and did not bother to worry about my state because I thought everyone in my peer group was going through the same. Then I reached out and shared about everything that I had been experiencing with my friends and family. They supported me throughout. It was a great help and like a new found hope for myself. That is when I made a decision to try everything I can to change. I started therapy. Time and again, I found myself on the verge of slipping into the same dark place but the therapy helped me lot. To this day, I am so thankful to God for recommending me to reach out to people and open up about whatever I was going through. He guided me and made sure that I did not fall into a much darker place than I originally was in. He is El Roi – “the God who sees me”.

Tiasola Longchar
BA Programme
Kamala Nehru College
Delhi University



Illustrations by:
Sedevinuo Metha
Post Graduate
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Jerusalem Times

Interview with King Nebuchadnezzar

1. What was the second dream that you had?

I saw a big tree touching the heavens. It provided food and shelter to every creature. As I watched, an angel descended and chopped the tree. This made me very upset and worried.

2. How did Daniel interpret this dream?

I was warned that if I did not repent of my idolatry, pride and greed, God would remove me from my kingdom. But I did not pay attention to Daniel's warning.

3. How did God punish you?

I was driven away from men and lived with wild animals. I ate grass like oxen. My hair had grown like eagles' feathers and nails like birds' claws.

4. When was your mind restored?

For seven years I was broken and living in madness as a beast. But then one day, my understanding returned to me. God restored my mind and my kingdom. God is so good.

5. What would you like to say to our readers?

Now I, Nebuchadnezzar, praise and exalt and glorify the

King of Heaven, because everything He does is right and all His ways are just. And those who walk in pride He is able to humble.

Read more: Daniel 4:28-37



King Nebuchadnezzar living as a wild animal

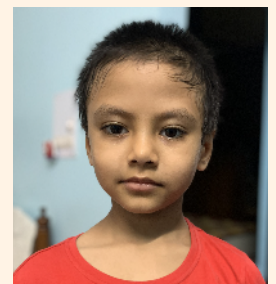


King Nebuchadnezzar praises God

Interviewed by:
Yangze



Image by:
Noah Huria



Greedy Gehazi

As per reports, Naaman who had been suffering from leprosy came to Elisha for help. He was healed when he dipped seven times in Jordan. However, his offerings of gifts were refused by Elisha.

According to eyewitnesses, Gehazi, the servant of Elisha got greedy and wanted the gifts. So, he followed Naaman and accepted the gifts without the consent of his master and lied to him.

Eyewitnesses further added that for his act of greed and betrayal, Gehazi and his descendant were punished with Naaman's leprosy. He left Elisha's house completely covered in sores and he went away very miserable.

Read more: 2 Kings 5: 19-27



Reported by :
Romica Pechonri



Image by :
Mika Katayama



Lost Scroll Found

A Bible scroll was found by workers while they were cleaning and repairing the Temple. Experts claimed that it was the book of Deuteronomy, in Moses' own handwriting. According to sources, the court secretary read the scroll to King Josiah.

Later, King Josiah along with his people made a covenant to follow the Lord and keep the Commandments that were written in the scroll.

Read more: 2 Kings 22,23



Image by :
Atovi Ngouri



Vocatio: the Christian's summon

I arrived in Delhi in the year 2006 to pursue coaching classes for Civil services exams. I was introduced to NCF Delhi by my cousin and I made some good friends from the first Sunday itself. The attachment with NCF Delhi was instant and personal. I looked forward to the sermons delivered by Pastor Ricky Medom, it felt as though among the hundreds of people in the congregation, he was speaking to me personally (of course the after-service tea and snacks were particularly my favourite).

I was also blessed to be a part of the Children Ministry as a Sunday school teacher although for a brief period. After my exit from Delhi in the year 2009, the Fellowship/discipleship environment, team-work among the different bodies and involvement of people from all walks of life in NCF Delhi were some among the many things I cherished the most.

2 Timothy 2:15 "Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth".

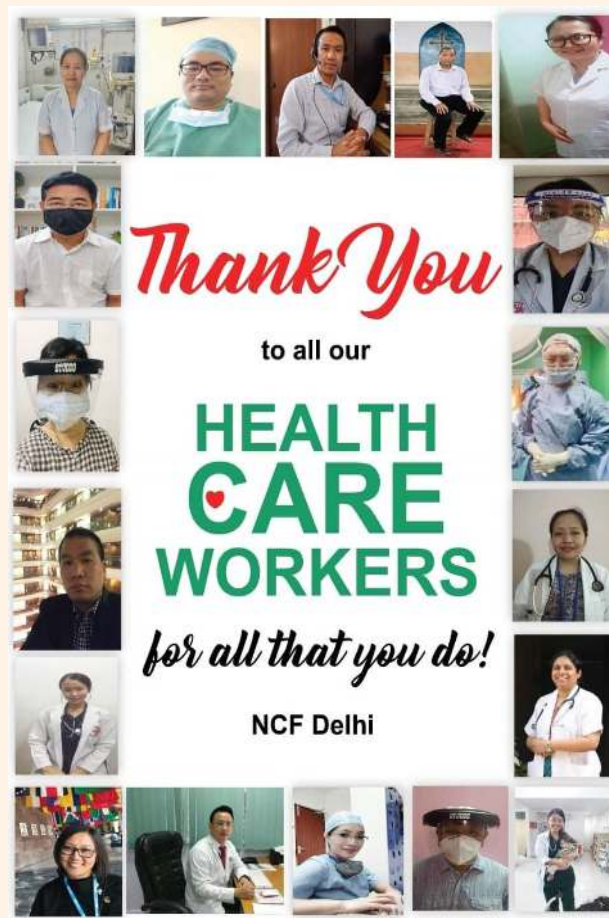
By God's grace, I cleared my State's Civil Services Exam in the year 2009. My first posting was in Kiphire District where I spent about 7 years and I am currently posted in Kohima. I have always tried to imbibe the quality of discipleship, team work, mutual respect for all irrespective of work nature in my work place/posting and also have an open mind to learn new things. Although the struggle is real every day, I find confidence and strength in *2 Timothy 2:15* to do my best for the Lord.

Further, my sharing would be incomplete without mentioning my better half since marriage is a blessing where God blesses you with a lifetime roommate (as pastor Ricky once mentioned), a person who understands you and strengthens you as you also try to do the same for them. My wife has been the strongest pillar and the best friend that I longed for and was the constant reminder to complete this write-up.

At the end, I would like to encourage the young people of NCF Delhi to be curious, be always open to learning and never forget why we are called Christians or followers of Jesus and pursue our ambitions accordingly.

Benjamin Longkap, NCS
Assistant Commissioner HQ
Office of the Commissioner.
Nagaland, Kohima.





Clockwise From Top Left Corner:

Mrs. Unsah-na Sumpi Dzeyie, Dr. Imtiakum Jamir, Dr. Kevisetuo Dzeyie, Dr. Thinossekho Chücha, Mrs. Angela Narjinary, Dr. Moiom Phom, Dr. Sorun Shishak, Dr. Leiyami Kasar, Dr. Angelyn Singh, Dr. Hannah Chawang, Dr. Kedikul Temi, Dr. Lira Sangtam, Dr. Neiwete Lomi, Dr. Naro Rongsen, Dr. Neikeduonuo Khezhie, Dr. T. Mhonchan Kikon, Dr. Mansak Shishak, Dr. Hentok Phom

Dear Healthworkers,

As you battle on the frontline fighting the novel coronavirus, we thank you for rising to the occasion.

Thank you for the sacrifices you make, every day and especially during this pandemic. Your dedication, commitment and courage deserve our deepest gratitude and admiration.

We as a Church will continue to pray over your life and work and rest in His promise that He is in control and will give more grace and strength when the labors increase.

Sunday School Teachers *over the years*

1992 - 2020



Akum Panger



Alice Jamir



Asiam



Athonliu Gonmei



Bandangnaro Lee



Benjamin Longkap



Bise Peseyie



Buno Liegise



Chiede Khalo



Chunthailiu Gonmei



Daiyairi Muivah



Elizabeth Dozo



Enatoli Sema



Esther



Gaisuiliu Kamei



Iruile Pame



Jennie Yanlem



Jennifer Pongen



Joylene Medom



Kainoli Jimomi



Kethoseno Chücha



Kevikieü Tep



Khrieseno Kikhi
Zao



Khris Rio



Kumsola Yim



Kusasing Nsarangbe



Lovily Vito Chishi



Luluna Panmei



Mona Arthur



Nendila Longchari



Ngoyieno Sakhrie



Nibizo Nagi



Ningthuilu Gonmei



Oren Ovung



Palvit Kaur



Pauningtei



Renchumi Imti



Robin & Lemtila
Tamsu



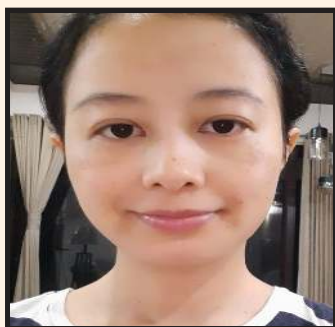
Sharon



Tina Vaiphei



Tongpang L Jamir



Viloli



Visieno Kiso



Viyazonuo Terhüja



Vizhoto Hibo



Vizo Kreditsu



Watinaro Esther



Woniu Shiu



Yapangnaro
Longkumer



Yirmiyan Arthur



Yurreipem Arthur



Züve Dozo

For *every lesson* you've prepared,
the *love of God* has been shared.





Celebrating God's faithfulness: 1975-2020

We thank God for His faithfulness as we celebrate the 45th anniversary of Naga Christian Fellowship Delhi. It is a time of reflection, rejoicing and an occasion of thanksgiving for God's love upon us. A moment for all to reflect and be grateful for His blessings. We pray that He will continue to shield us, guide us and sustain us as we move forward and experience the joy of growing together in the Lord.

Mental Health & The Church: Struggling well

So often, we worry so much about our physical wellbeing and often tend to neglect other aspects of health – mental, social, emotional and even spiritual. Undoubtedly, a holistic approach that links them all is required. This also includes a good support system – from friends, families, community and the Church. Sensing the need to address the oft-unspoken issues of mental health and enable a platform for conversations on this topic, NCF Delhi organized an online mental health workshop on 'Struggling Well' with Sarah Prabhakar Rufus, a counsellor from Biblical Counselling Trust of India (BCTI) with a background in psychology and biblical counselling. The Zoom session, held on 19 September, had three main objectives:

1. To understand the nature of struggling well and learn a framework for how we can struggle well.
2. To see clearly there is purpose in struggling from a Christian perspective
3. To encourage openness in sharing struggles with each other

Drawing references from the Word of God such as James 1:2–4,12 and Psalm 77, Sarah explained how Christians can face their struggles. She gave five key points on which her talk was centred: (i) Be REAL about struggling; (ii) Be NEEDY before God – PRAY!; (iii) Dwell on what you DO know, not what you DON'T KNOW; (iv) Remember, you are NOT ALONE; (iv) Face 'NORTH' and lift your eyes.

Sarah reminded us that no matter what situation we are in, it's not a hopeless situation. There are others who have similar struggles. We can reach out to others, be a listening ear to them as well as talk about our struggles. And most of all, we have a loving and gracious God – take it to Him in prayer.

The 45 minutes of talk from Sarah was followed by 30 minutes of Q&A where she addressed questions put forth by others. There were approximately 79 attendees in total, comprising not only regular NCF service attendees but also non-NCF guests who were invited.

A questionnaire consisting of 25 questions was circulated among the attendees to obtain information about their basic knowledge/awareness towards mental health. The sample size comprised 79 respondents, with 35 males and 44 females respectively. In general, 98.7% of the respondents were aware of mental health. In this questionnaire, majority of the respondents were aged 20–29 years, and most of them were females. 30.4% of the respondents say that they are afraid of what others would think if they are diagnosed as having a psychological disorder. 88.6% says that the church should address mental health issues within the congregation. A percentage of 31.6 thinks that churches make people feel like mental illness is the result of personal sin. Most of the respondents, 83.5%, say that they will participate in mental health services (counselling, psychology referrals) if the church provides such opportunities.

Mental illnesses are forms of human suffering that often push an individual into exclusion and isolation. There is a real need to address the issue, acknowledge it for what it is and the stigma attached to it. In keeping silence, a message is sent out that such problems have no place in the church. To live and act as Christians who believe the church is the body of Christ would mean walking with those who are suffering, no matter what the suffering looks like. The challenge then is, as faith communities, we need to open the doorways of inclusion and become centres of hope, healing and growth.

— Ningthuiliu Gonmei
Visieno Kiso
Weneiü (Anile) Mero

Prayer Scriptures

1). All praises and glory to God for continuing growth of NCFD Ministry all these 45 years.

Isa. 55:10-12; 1 Cor. 3:5-8; Psa 95:6-7

2). Remember and count all the blessings and benefits that pertain to life and godliness.

Psa. 103:1-5; 2 Peter 1:3-5

3). During this Covid-19 crisis pray that faith, hope, love will abound and characterize our living.

1 Peter 1:6-7; Psa. 91:1-4; Psa. 46:1-3, 10-11

4). Pray for God's power, wisdom, and guidance upon all Pastors and church leaders in serving, teaching, admonishing everyone to grow in Christlikeness in thoughts, words, ways.

Col. 1:28-29; 1 Peter 5:2-3

5). Pray for sound body, peace of mind and thankful, joyful spirit and job security of all the front-line health workers, all working people.

1 Thes. 5:16-18; Col. 3:23-25

6). Pray for all believers to have the passion and vision to reach out to others with the gospel of Christ.

2 Timothy 4:2; Rom. 1:16, 17





7). Pray for God's grace and mercy, that through Christ we can victoriously cope, accept, adapt, and adjust to the new normal brought about by the Covid-19 crisis.

Phil. 4:13; 2 Cor. 12:9

8). Pray for God's healing of the sick and words of comfort for those who mourn, for daily provision for the poor around us; for strength and protection of orphans, elders and the needy.

James 1:27; James 5:13-16

9). Pray that amidst busy, hectic schedules that parents, students, working people can make time to delight in the Lord who bestows favor and honor.

Psa. 37: 4; Prov. 3:5,6

10). Praise the Lord that by His grace we all can keep on abiding in His Word, keep on growing in love with the Lord, and keep on bearing lasting fruits.

Psa. 92:12-15; John 15:5, 16

11). Pray for us to be faithful, available, teachable, God-dependent, and obedient disciples of Christ.

Psa.119:33-37; Psa.143:8-12

12). Praise the Lord's assurance of guidance and presence with us through the year 2020 and for the coming New Year.

Psa. 65:11; John 16:13; Psa. 23: 4

Dear Mr. Atheli and family,

We wish you and your family a safe journey and a pleasant stay in the Philippines



May the Lord make His face shine upon you and your family.
Until we meet again...

Congratulations

Mr. Kekhrielezo Stephen Mark Medom for receiving the Nagaland Governor's Award 2020 in recognition of his contribution and achievement in the field of Arts



Congratulations

Mr. Noel Chawang for completing his Master's degree in Physics with 9.8 GPA from Indian Institute of Space Science and Technology

Thank You

Virola Jungri for your contribution to the Spark Newsletter as an editor



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