

Karakia

HE KARAKIA TIMATANGA – TO OPEN A MEETING OR START THE DAY

He hōnore, he korōria ki te Atua
He maungārongo ki te whenua
He whakaaro pai ki ngā tāngata katoa
Hangā e te Atua he ngākau hou
Ki roto, ki tēnā, ki tēnā o mātou
Whakatōngia to wairua tapu
Hei awhina, hei tohutohu i a mātou
Hei ako hoki i ngā mahi mō tēnei rā
Amine

Whakataka te hau ki te uru
Whakataka te hau ki te tonga
Kia mākinakina ki uta
Kia mātaratara ki tai
E hī ake ana te atakura
He tīo, he huka, he hau hū
Tihei mauri ora!

Honour and glory to God
Peace on Earth
Goodwill to all people
Lord, develop a new heart
Inside all of us
Instil in us your sacred spirit
Help us, guide us
In all the things we need to learn today
Amen

Cease the winds from the west
Cease the winds from the south
Let the breeze blow over the land
Let the breeze blow over the ocean
Let the red-tipped dawn come with a sharpened air.
A touch of frost, a promise of a glorious day.

HE KARAKIA WHAKAMUTUNGA – TO CLOSE A MEETING OR END THE DAY

Kia tau ki a tātou katoa
Te atawhai o tō tātou Ariki, a Ihu Karaiti
Me te aroha o te Atua
Me te whiwhingatahitanga
Ki te wairua tapu
Ake, ake, ake
Amine

Unuhia, unuhia
Unuhia ki te uru tapu nui
Kia wātea, kia māmā, te ngākau, te tinana, te wairua i
te ara takatā
Koia rā e Rongo, whakairia ake ki runga
Kia tina! TINA! Hui e! TĀIKI E!

May the grace of the Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit be with you all
Forever and ever
Amen

Draw on, draw on,
Draw on the supreme sacredness
To clear, to free the heart, the body and the spirit of
mankind
Rongo, suspended high above us (i.e. in 'heaven')
Draw together! Affirm!

HE KARAKIA MO TE KAI – TO BLESS FOOD

E te Atua
Whakapainga ēnei kai
Hei oranga mō o mātou tinana
Whāngaia hoki o mātou wairua ki te taro o te ora
Ko Ihu Karaiti tō mātou Ariki
Ake, ake, ake
Amine

Nau mai e ngā hua
o te wao, o te ngakina
o te wai tai, o te wai Māori
Nā Tane
Nā Rongo
Nā Tangaroa
Nā Maru
Ko Ranginui e tū iho nei
Ko Papatūānuku e takoto nei
Tuturu whakamaua
Kia tina! TINA! Hui e! TĀIKI E!

Lord God
Bless this food
For the goodness of our bodies
Feeding our spiritual needs also with the bread of life
Jesus Christ, our Lord
Forever and ever
Amen

Welcome the gifts of food
from the sacred forests, from the cultivated gardens
from the sea, from the fresh waters
The food of Tane
of Rongo
of Tangaroa
of Maru
I acknowledge Ranginui who is above me,
Papatuanuku who lies beneath me
Let this be my commitment to all!
Draw together! Affirm!