



Rua: Tikanga

Karakia

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Karakia are usually described as Māori prayers and incantations.

Karakia help us stay safe when we are interacting with the atua (environments). We state an intention or plan and look for signs that will help us clear the way. When doing karakia we do not need to bow our heads but rather take in the sights, sounds and touch of the atua. An example is going for a swim, where we can verbalise a check list of signs such as is the water calm, are there branches or rocks that could harm us, what are the clouds doing, is it raining in the mountains that feed this river. If all is well we can jump in and thank the atua for a lovely swim. So in these ways karakia are not necessarily religious prayers although many karakia now are based on Christian based prayer.

We can also do karakia to ask for a good result, to say thanks, to ask for help, to start something such as a school day, to close something like a meeting.

It is nice and proper that we follow the atua with karakia.

Karakia Timatanga

**Korihi pō, korihi ao
Hei turia kit e matahau no tū
Tū te winiwini
Tū te wanawana
Tū te wehiwehi
Tū hikitia, tū hāpaingia
Tū whakaputa ki te whaiao
Ki Te Ao Mārama
Haumi ē, Hui ē, Tāiki ē**

*The night sings, the day sings
let us stand tall in the face of adversity
stand with strength
stand with power
stand with awe
to be uplifted and exalted
as we face the challenges ahead
together
bonded by life*

Whakataka te Hau

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 tio, he huka, he hauhū
Tīhei mauriora

The wind rolls to the west
The wind rolls to the south
A cold wind from the land
A piercing wind from the tide
The dawn breaks
A morning of ice, snow, and frost
Tis Life

Karakia kai

Kua horahia te kai	This food has been laid out before us
Nā ngā atua i homai	Given to us by the atua
Tāne-Mahuta	Tane god of the forest
Haumia-tiketike	Haumia god of cultivated food
Rongo-mā-tane	Rongo god of kumara and peace
Tangaroa	Tangaroa god of the sea
Kia ora	Thank you all

Grace

E tō mātou Matua-i-te-Rangi	Our father who art in heaven
Whakapainga ēnei kai	Bless this food
Hei oranga mō ō mātou tinana	Health to our bodies
Nāu te kaha me te korōria	Yours is the strength and the glory
Āke, Ake, Ake.	Forever and ever
Āmine	Amen