

PUKUPUKA

KARAKIA

Ohu Inspire



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Karakia tikanga

Our tikanga is if you do the karakia tīmatanga, you should also do the karakia whakamutunga.

Where possible, choose a karakia that relates to the kaupapa of the meeting, the time of day or the season we're in. Most importantly, use a karakia you can connect with.

In this karakia pukapuka, the words in **bold** indicate that everyone says them.

Introducing karakia

To invite the karakia to be said, you could ask:

Me karakia tātou?

Should we start with our karakia?

Mā wai te karakia?

Who would like to lead our karakia?

If you are going to do the karakia, you can respond to the pātai by saying:

Māku te karakia

I will

Mihi to the speaker

After the karakia has been said, it is tika and pono to mihi the speaker. You could say:

Kia ora

Thank you

Ngā mihi ki a koe i te karakia

Thank you for the karakia (1 person)

Ngā mihi maioha ki a koutou i ngā karakia

Thank you (to 3 or more) with appreciation for saying the karakia

Tēnā rawa atu koe i tō karakia. Nāu i ora ai ngā kawa.

Thank you so much for leading our karakia and bringing our values to life

Karakia Timatanga | Traditional opening karakia

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 ātākura

He tio, he huka, he hauhū

TIHEI MAURI ORA!

The wind swings to the west

then turns to the south, settles down.

Making it prickly cold inland

Making it piercingly cold at sea.

The glowing morning will rise

on ice, on snow, on frost.

Join! Gather! Intertwine!

Kia tau ngā manaakitanga

Kia tau ngā manaakitanga a te mea ngaro

ki runga ki tēnā, ki tēnā o tātou

Kia mahea te hua mākihikihi

kia toi te kupu, toi te mana, toi te aroha, toi te Reo Māori

kia tūturu, ka whakamaua kia tīna! **TĪNA!**

Hui e, **TĀIKI E!**

Let the strength and life force of our ancestors

Be with each and every one of us

Freeing our path from obstruction

So that our words, spiritual power, love, and language are upheld;

Permanently fixed, established and understood!

Forward together!

Āio ki te Rangi

Āio ki te Rangi,

Āio ki te whenua

Āio ki ngā tangata katoa

Kia tūturu, ka whakamaua kia tina! Tina!

Haumi e, Hui e, **TĀIKI E!**

Peace to the skies

Peace to the earth

Peace to all people

Permanently fixed, established and understood!

Draw together! Affirm!

Te Pou

Pou hihiri

Pou rarama

Pou o te whakaaro

Pou o te tangata

Pou o te aroha

Te pou e here nei i a tātou

Mauri ora ki a tātou

Haumi e! Hui e! **TĀIKI E!**

May clarity be yours

Through respect

May understanding be yours

The virtues which bind us as one

Through reflection

May we be filled with wellbeing,

Through personal endeavour

Draw together! Affirm!

Tūtawa mai

Tūtawa mai i runga,
Tūtawa mai i raro,
Tūtawa mai i roto,
Tūtawa mai i waho,
Kia tau ai te mauri tū,
Te mauri ora ki te katoa
Haumi e! Hui e! **TĀIKI E!**

Nā Scotty Morrison ēnei karakia

Come forth from above,
Come forth from below,
Come forth from within
and from the environment
The universal vitality and energy to infuse and enrich all present
Bound together, unified!

Scotty Morrison wrote this karakia

Kia hora te marino

Kia hora te marino

Kia whakapapa pounamu te moana

Hei huarahi mā tātou i te rangi nei

Aroha atu, aroha mai

Tātou i a tātou katoa

Hui e! **TĀIKI E!**

May peace be widespread.

May the sea be like greenstone; a pathway for all of us this day.

Let us show respect for each other, for one another.

Bind us all together.

Nau mai rā ki te wānanga

Nau mai rā ki te wānanga

Kia mau ki te pito mata o te wā

Puritia kia ū, puritia kia ita

Haumi ē, hui ē, **TĀIKI E!**

Nā Tūraukawa Bartlett, MANAvation ēnei karakia

Welcome to this shared space

Embrace it's potential

Take hold and seize it so it may be embedded within us

Let's affirm and move forward together

Tūraukawa Bartlett, MANAvation wrote this karakia

Mā te whakapono

Mā te whakapono

Mā te tūmanako

Mā te titiro

Mā te whakarongo

Mā te mahi tahi

Mā te whakamomori

Mā te aroha

Ka taea e mātou

By believing and trusting

By having faith and hope

By looking and searching

By listening and hearing

By working and striving together

By sheer desire and determination

By all being done with compassion

We will succeed

Tukua te wairua kia rere ki ngā taumata

Tukua te wairua kia rere ki ngā taumata

Hai ārahi i ā tātou mahi

Me tā tātou whai i ngā tikanga a rātou mā

Kia mau kia ita

Kia kore ai e ngaro

Kia pupuri

Kia whakamaua kia tina! TINA!

Hui e! **TĀIKI E!**

Allow one's spirit to exercise its potential

To guide us in our work as well as in our pursuit of our ancestral traditions

Take hold and preserve it

Ensure it is never lost

Hold fast.

Secure it.

Draw together! Affirm!

Karakia Whakamutunga | Traditional closing karakia

Te whakaaetanga e

Te whakaaetanga e

Te whakaaetanga e

Tēnei te kaupapa ka ea

Tēnei te wānanga ka ea

Te mauri o te kaupapa ka whakamoea

Te mauri o te wānanga ka whakamoea

Koa ki runga, koa ki raro

Haumi e, hui e, **TĀIKI E!**

Nā Scotty Morrison ēnei karakia

It is completed. It is done

We have achieved our purpose

and completed our forum

Let the purpose of our

Gathering rest for now

Let the vitality of our discussions replenish

We depart with fulfilled hearts and minds

Bonded in our common goal and unified!

Scotty Morrison wrote this karakia

Unuhia, unuhia

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!**

Haumi e! Hui e! **TĀIKI E!**

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!

Kia whakairia te tapu

Kia whakairia te tapu

Kia wātea ai te ara

Kia turuki whakataha ai

Kia turuki whakataha ai

Haumi e, Hui e, **TĀIKI E!**

Restrictions are moved aside

So the pathways is clear

To return to everyday activities

Draw together! Affirm!

Tukua te tapu o te reo kia tau

Tukua te tapu o te reo kia tau
Unuhia te tapu o te wā kia ea
Kawea te mātauranga kei mate
Whāngaihia kia ora
Whano, whano, haramai te toki
Haumi ē, hui ē, **TĀIKI E!**

Nā Tūraukawa Bartlett, MANAvation ēnei karakia

Release the sacredness of the language and space we share
Carry the learning with you, lest it perishes
Nurture others so it may thrive
Let's affirm and move together

Tūraukawa Bartlett, MANAvation wrote this karakia

Kia tau tō rangimārie

Kia tau tō rangimārie

Ki runga i ngā iwi o te ao.

Let your peace reign on all the people of the world

Kia tau te manaakitanga

Kia tau te manaakitanga

Ki runga ki tēnā ki tēnā o tātau

Kia piki te ora, kia piki te māramatanga

Kia hoki pai atu, kia hoki pai mai

Tūturu whakamaua kia tina! TINA!

Haumi ē, Hui ē, **TAIKI Ē!**

Settle the care and protection upon each of us.

May the health and understanding grow

Return well to others and ourselves

Hold fast to your authenticity

Be firm! Join together!

Gather together! Bind as one

Karatiana Karakia Timatanga | Christian opening prayers

He Hōnore

He Hōnore he korōria ki te Atua

He maungārongo ki te whenua

He whakaaro pai

Ki ngā tāngata katoa

Āmine

Honour and Glory to God

Honour, glory and peace to the land

May good thoughts come to all men

for ever and ever, for ever and ever.

Amen

He Hōnore (extended)

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
Āmine

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

Karatiana Karakia Whakamutunga | Christian closing prayers

Kia tau, ki a tātou katoa

Kia tau, ki a tātou katoa

Te atawhai o tō tātou Ariki a Ihu Karaiti

Me te aroha o te Atua

Me te whiwhinga tahitanga ki te Wairua Tapu

Ake ake ake

Āmine

To you and to us all

May the grace of the Lord Jesus Christ

and the love of God

and the fellowship of the Holy Spirit

Be with you always

Amen

Kua mutu a mātou mahi

Kua mutu a mātou mahi

Mō tēnei wā

Manaakitia mai mātaou katoa

O mātou hoa

O mātou whānau

Āio ki te Aorangi

Our work is finished

For the moment

Bless us all

Our colleagues

Our families

Peace to the universe

Karakia mō te kai | Traditional karakia for food

Nau mai e ngā hua

Nau mai e ngā hua

O Papatūānuku

O Ranginui kete kai

Whiti kia ora!

I welcome the gifts of food

From the food baskets

Of Papatūānuku

Of Ranginui

Binding us in wellness!

Nau mai e ngā hua

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

Tūturu o whiti ka whakamaua kia tina! TINA!

Hāumi e! Hui e! **TĀIKI E!**

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, Papatūānuku who lies beneath me
Let this be my commitment to all!
Draw together! Affirm!

Auraki mai ngā kono

Auraki mai ngā kono

Kei waenganui i a tātou

He kai māku

He kai māu

He kai māna

Tihei mauri ora!

Bring forth the baskets

To share between us all

There's food for me

There's food for you

There's food for them

Let the ultimate life essence be with you!

Tēnei te whakamoemiti

Tēnei te whakamoemiti

Mō ngā ringawera

i whakaritea i ēnei kai

mai i te rangi

mai i te whenua

mai i te taiao

Mauri ora!

We give thanks

to the hands

who prepared this food

from the sky

from the land

from the environment

Good health!

E rongō, e rongō

E rongō, e rongō

Homai ngā tipu

Hei whakakī te tīnana

Hei oranga

Au eke, au eke

Hui ē, **TĀIKI Ē!**

Listen, listen

Plants are grown,

To fill our bodies

With health

Affirm, affirm, bind together as one

Kia taku whānau

Kia taku whānau

Me ngā hoa,

Me te kai,

Kia ora!

For our families

And our friends

For our food we say

Thank you!

Karatiana karakia mō te kai | Christian blessings for food

E te Atua

E te Atua

Whakapainga ēnei kai

Hei oranga mō ō mātou tinana

Whāngaia hoki ō mātou wairua ki te taro o te ora

Ko Ihu Karaiti tō mātou Ariki

Ake, ake, ake

Āmine

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

Whakapainga ēnei kai

Whakapainga ēnei kai

Hei oranga mō te tinana

Mō ō mātou wairua

Hoki

Āmine

Bless these foods

For the goodness of our bodies

And our spirits

As well

Amen

Whakanui o te Tangata

Karakia tīmatanga

Mā te rā e kawē mai te ngoi ia rā ia rā

Mā te rā e kawē mai te ngoi ia rā ia rā

Mā te mārāma e whakaora i a koe i waenga pō

Mā te ua e horoi ōu māharahara

Mā te hau e pupuhi te pākahukahu ki roto i tō tinana

i roto i ōu hikoitanga i te ao

kia whakaaro koe ki te hūmarie

ataahua hoki o ōu rā

mō ake tonu atu.

Hāumi ē! Hui ē! **TĀIKI Ē!**

May the sun bring you energy by the day

May the moon softly restore you by night

May the rain wash away your worries

May the wind blow new strength into your being

During your travels on this earth may you contemplate

its beautiful peaceful stillness of all of your days for ever and ever.

Together, united, we affirm!

Karakia whakamutunga

Kia tau te manaakitanga

Kia tau te manaakitanga

Ki runga ki tēnā ki tēnā o tātau

Kia piki te ora, kia piki te māramatanga

Kia hoki pai atu, kia hoki pai mai

Tūturu whakamaua kia tina! TINA!

Haumi ē, Hui ē, **TAIKI Ē!**

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Hold fast to your authenticity

Be firm! Join together!

Gather together! Bind as one

Matariki karakia

Matariki Karakia mō te kai

Nau mai e ngā hua o Tupuānuku, o Tupuārangi, o Waitī, o Waitā i tīkina i te
Wao-nui-a Tāne, miromiroa e Tāne, koakoa Te Tini a Tangaroa, Nau mai
Matariki heri kai
Whano, Whano
Haramai te toki
Haumi e, Hui e, **TĀIKI E**

Welcome the fruits of Tupuānuku, of Tupuārangi, of Waitī, of Waitā sourced
from the vast forest of Tāne, abundant with the creatures of Tāne, gathered
by the multitude of Tangaroa.

Welcome Matariki, the provider of sustenance.

Gather, Gather

Bring forth the sacred adze.

Draw together! Affirm!

Waerea

Waerea te rangi e tū nei

Waerea te papa e takoto nei

Whakapūmautia tēnei kawa uruora

Te kawa ki a Matariki

Clear the sky above

Clear the earth below

Establish this ceremony

The formal ceremony of Matariki

Pōhutukawa

E tū Pōhutukawa

Te kaikawe i ngā mate o te tau

Ruiruia ngā mate ki te uma o Ranginui Anā!

Kua whetūrangihia koutou

Behold Pōhutukawa

Who carries the dead of the year

Scatter their spirits into the cosmos

You have now become star

Tipuānuku

E tū Tipuānuku
Ko te one paraumu
Ringihia mai rā tō rahi
Ki te whenua haumako
Kia puta ko te ora o Rongo
Koia!

Behold Tipuānuku
Of the fertile soil
Spread your plenty
Across the land
Reveal the bounty of Rongo Indeed!

Tipuārangi

E tū Tipuārangi

Ko te pōkai tara

Ngahoro pua, manu whaturua

Kia puta ko te ora o Tāne

Koia!

Behold Tipuārangi

Of the flocking birds

Fruiting trees and fat birds

Reveal the bounty of Tāne

Indeed!

Waitī

E tū Waitī

Ko te wai māori Tuna heke ki a Wainui

Kia puta ko te ora o Parawhenuamea

Koia!

Behold Waitī

Of fresh water Eels heading to the ocean

Reveal the bounty of Parawhenuamea

Indeed!

Waitā

E tū Waitā

Ko te wai tai

Ngaru nui, ngaru roa

Kia puta ko te ora o Tangaroa

Koia!

Behold Waitā

Of salt water

Large wave, great wave

Reveal the bounty of Tangaroa

Indeed!

Waipunarangi

E tū Waipunarangi

Ko te ua heke

Kōpatapata mai, hūkerikeri mai

Kia puta ko te ora o Tāwhiriua

Koia!

Behold Waipunarangi

Of the falling rain

A light rain, a heavy downpour

Reveal the bounty of Tāwhiriua

Indeed!

Ururangi

E tū Ururangi

Ko te whānau pupuhi

Tū te winiwini, tū te wanawana

Kia puta ko te ora o Tāwhirirangi

Koia!

Behold Ururangi

Of the family of wind

Of the shuddering and awesome winds

Reveal the bounty of Tāwhirirangi

Indeed!

Hiwa-i-te-rangi

E tū Hiwa-i-te-rangi
Ko ngā manako nui
Kia puta ai ko ngā wawata
Ki te whaiao, ki te ao mārama
Koia!

Behold Hiwa-i-te-rangi
Of the many desires
Bring forth our wishes
And make them come true
Indeed!

Matariki

Mānawa maiea te putanga o Matariki

Mānawa maiea te ariki o te rangi

Mānawa maiea te Mātahi o te Tau.

Whano, whano

Haramai te toki ata huakirangi

Haumi e

Hui e

TĀIKI E!

Celebrate the rising of Matariki

Celebrate the lord of the skies

Celebrate the new year

Unite, unite

And bring forth the dawn

Together

In union

We are one