

# Learn a Karakia

*Karakia are prayers and blessings that bring us together and cover every aspect of life.*

*Here are three karakia you can learn.*

## 1. OPENING KARAKIA

Kia hora te marino  
Kia whakapapa pounamu te moana  
Hei huarahi mā tatou I te rangi nei  
Aroha atu, aroha mai  
Tātou i a tātou katoa.

—

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.

## 2. BLESSING KAI

Kua horahia te kai  
Nā ngā atua i homai  
Tane mahuta  
Haumiatiketike  
Rongomātāne  
Tangaroa - kia ora.

—

This food has been laid out before us. Given to us by the gods: Tane, god of forest, Haumia, god of cultivated kai, Rongo, god of kumara and peace, Tangaroa, god of the sea.

## 3. CLOSING KARAKIA

Kia tau ki a tātou katoa  
Te atawhai o tō tātou ariki o ihu karaiti  
Me te aroha o te atua  
Me te whiwhinga tahitanga  
Ki te wairua tapu āke ake, āmine.

—

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.

***Aroha mai, aroha atu***  
***Love received, love returned***