

# He Kohinga Karakia



*Collated by Te Taumutu Rūnanga*



## Mihi~Acknowledgements

‘He Kohinga Karakia’~A collection of prayers includes karakia~prayer put forward by Denise Sheat in a contract to the Ministry of Education when she was Takawaenga Mātauranga Māori ki Waitaha ~Resource Teacher of Māori, Canterbury. The artworks were created especially for use with these karakia by Diane Bensemman of Arowhenua, and feature local tamariki in the 1980s at Arowhenua Native School. The kōwhaiwhai border around these artworks was created by Mike Davey, Takawaenga Mātauranga Māori ki Waitaha. The border on the cover has been designed and crafted for this resource by Liz Brown, Te Taumutu Rūnanga.

Photographs have been sourced from Te Taumutu Rūnanga except for Te Ahu Pātiki~Mount Herbert taken by Jason Arnold, and may not be reproduced for any reason other than the original purpose. Te Taumutu Rūnanga request that this work not be sold, but are pleased to be discuss and share ideas with any person or organisation wishing to use this rauemi~resource for any purpose other than that for which it was originally intended.

This resource would not exist without the time, aroha and skills of Denise Sheat, Rosaline Brown, Liz Hill-Taiaroa, Rose Nutira, Hirini Matunga, Maani Stirling, Fiona Sloan, Puamiria Parata-Goodall, Whetu Moataane, Huata Martindale, Tania Nutira, Christine Brown, Takawaenga Mātauranga Māori ki Waitaha, past Te Taumutu Rūnanga Education Committee members and the wider Te Taumutu Rūnanga whānau~families. ‘He Kohinga Karakia’ was compiled by Sheena Sherratt together with Te Taumutu Rūnanga Education Committee members.

To our schools ‘kei raro i te korowai kaitiaki o Te Ruahikihiki, o Moki’~ under the protective cloak of Te Ruahikihi and Moki (the tipuna for Te Taumutu Rūnanga) we thank you for your work with your, and our tamariki and encourage you to continue. We will continue to work together to improve educational achievement for ‘Māori students learning as Māori’, and help raise New Zealanders’ awareness and understanding of the central role that the indigenous language and culture have in shaping our nation’s identity.

***He Kohinga Karakia is available on the mātauranga~ education section of the Te Taumutu Rūnanga website [www.tetaumuturunanga.iwi.nz](http://www.tetaumuturunanga.iwi.nz).***

## He whakaaturanga mo te rauemi nei~ *Description of Resource*

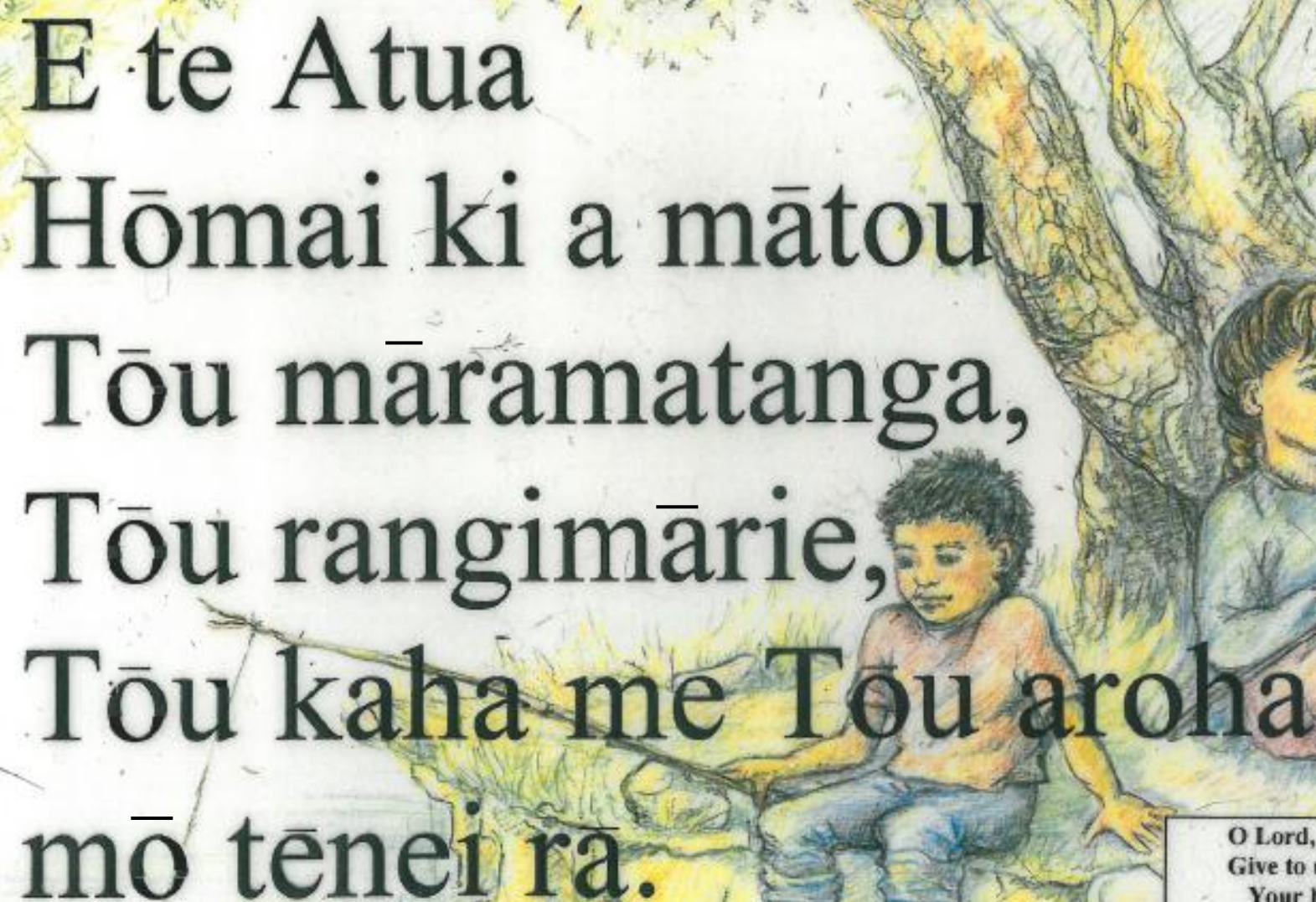
This pukapuka karakia has been collated for use at school or workplace, rather than at a marae. This resource has been given to our whānau, and schools 'kei raro i te korowai kaitiaki o Te Ruahikihiki, o Moki' to use within our schools. Karakia are prayers or incantations generally used to ensure a favourable outcome to important events, but also everyday life. Karakia provide a punctuation point to be used to clear previous thoughts and focus minds on the next event, kaupapa ~*topic* or mahi ~*work*. There are different types of karakia including Inoi~*request*, Christian and 'tūturu' ~*traditional*. Inoi are simple requests for something to be performed or done. Christian karakia were written in the nineteenth century and include references to the Christian God and Jesus Christ. Tūturu ~ *traditional* karakia were often chanted or sung and called upon the Atua ~*Gods* or guardians for direction. These karakia were poetic, and translations of these are often best considered metaphorically, rather than literally.

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<b>Ingoa ~Title:</b>	<b>Te māramatanga me te rangimārie~ <i>Knowledge and peace</i></b>
<b>Wāhanga ~Type:</b>	Christian
<b>Whakamahi ~Use:</b>	<p>Timatanga ~ <i>start</i></p> <p>Beginning of:</p> <ul style="list-style-type: none"> <li>• Day or morning</li> <li>• Class</li> <li>• Meetings – i.e. staff, Board of Trustees</li> <li>• Assembly – first assembly of year</li> <li>• Kapa haka practice</li> <li>• Professional Development</li> <li>• Hui</li> <li>• Wānanga</li> <li>• Interview</li> </ul>
<b>Me pēhea~How:</b>	<p>Once the group has assembled and gathered.</p> <p>Leader stands and briefly introduce the kaupapa~<i>topic</i> for the day and explains that the karakia will be said first.</p> <p>Everyone stands for the karakia.</p> <p>If the whole rōpū~<i>group</i> says the karakia together, then the taina~<i>those who are less confident</i> are supported by the tuakana~ <i>those who are more confident</i>. This reflects the concept of ako~<i>learning and teaching</i> where the tuakana ~<i>older sibling</i> cares for the taina~<i>younger sibling</i>.</p>
<b>Whakaahua~Illustration:</b>	Nā Diane Bensemann, Arowhenua





E te Atua  
Hōmai ki a mātou  
Tōu māramatanga,  
Tōu rangimārie,  
Tōu kaha me Tōu aroha  
mō tenei rā.

O Lord,  
Give to us Your enlightenment  
Your heavenly peace  
Your strength  
and Your love  
for this day  
Amen.

**Ingoa ~Title:** Whakataka te hau~ *Cease the wind*

**Wāhanga ~Type:** Karakia. An alternative blessing.

**Whakamahi ~Use:** Timatanga ~ *start*

Beginning of:

- Day or morning
- Class
- Meetings – i.e. staff, Board of Trustees
- Assembly – first assembly of year
- Kapa haka practice
- Professional Development
- Hui
- Wānanga

**Me pēhea~How:** Once the group has assembled and gathered.

Leader stands and briefly introduce the kaupapa~*topic* for the day and explains that the karakia will be said first.


Everyone stands for the karakia.

If the whole rōpū~*group* says the karakia together, then the taina~*those who are less confident* are supported by the tuakana~ *those who are more confident*. This reflects the concept of ako~*learning and teaching* where the tuakana ~*older sibling* cares for the taina~*younger sibling*.

**Whakaahua~Illustration:**

Nā Jason Arnold, Te Ahu Patiki~ *Mount Herbert*





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 hau hū  
Tīhei mauri ora!

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

<b>Ingoa ~Title:</b>	<b>Ārahina mai mātou i roto i ā mātou mahi~ <i>Guide us in our work</i></b>
<b>Wāhanga ~Type:</b>	Christian. Particularly useful for young children and learners beginning their journey in te reo Māori. This karakia is easily recalled and understood.
<b>Whakamahi ~Use:</b>	<p>Beginning of:</p> <ul style="list-style-type: none"> <li>• Event or activity</li> <li>• Work</li> <li>• Meetings – i.e. staff meeting, Board of Trustees, PTA,</li> <li>• Class or school</li> <li>• Kapa haka practice</li> <li>• Professional Development</li> <li>• Hui</li> <li>• Wānanga</li> </ul>
<b>Me pēhea~How:</b>	<p>Once the group has assembled and gathered.</p> <p>Leader stands and briefly introduce the kaupapa~<i>topic</i> for the day and explains that the karakia will be said first.</p> <p>Everyone stands for the karakia.</p> <p>If the whole rōpū~<i>group</i> says the karakia together, then the taina~<i>those who are less confident</i> are supported by the tuakana~<i>those who are more confident</i>. This reflects the concept of ako~<i>learning and teaching</i> where the tuakana ~<i>older sibling</i> cares for the taina~<i>younger sibling</i>.</p>
<b>Whakaahua~Illustration:</b>	Nā Diane Bensemann



E te Atua  
Ārahina mai mātou  
i roto i ā mātou mahi.  
Āmine.



O Lord,  
Guide us in our work.  
Amen.



**Ingoa ~Title:** Whakapainga ēnei kai~ *Bless these foods*

**Wāhanga ~Type:** Christian

This karakia can be seen on the wall in the whare kai~ *dining room* at Ngāti Moki. It is a commonly used simple karakia which will often be said before kai at Ngāti Moki when children visit. However other karakia for kai will also be used by whānau at the marae. The tangata whenua usually perform karakia, but will defer to an eminent visitor i.e. leader of the visiting rōpū, church or fluent speaker of Māori.

**Whakamahi ~Use:** Blessing food before eating

Beginning of:

- Meals
- Meetings with morning or afternoon tea or lunch– i.e. staff meeting, Board of Trustees, PTA,
- Any occasion where food is to be eaten

**Me pēhea ~How:** Once the food is ready and any covers have been removed.

Stand next to the kai table.

Tap on the table to seek everyone's attention. Deliver the karakia.

Everyone stands for the karakia. If the whole rōpū~*group* says the karakia together, then the taina~*those who are less confident* are supported by the tuakana~ *those who are more confident*. This reflects the concept of ako~*learning and teaching* where the tuakana ~*older sibling* cares for the taina~*younger sibling*.

**Whakaahua~Illustration:**

Nā Diane Bensemann



E te Atua

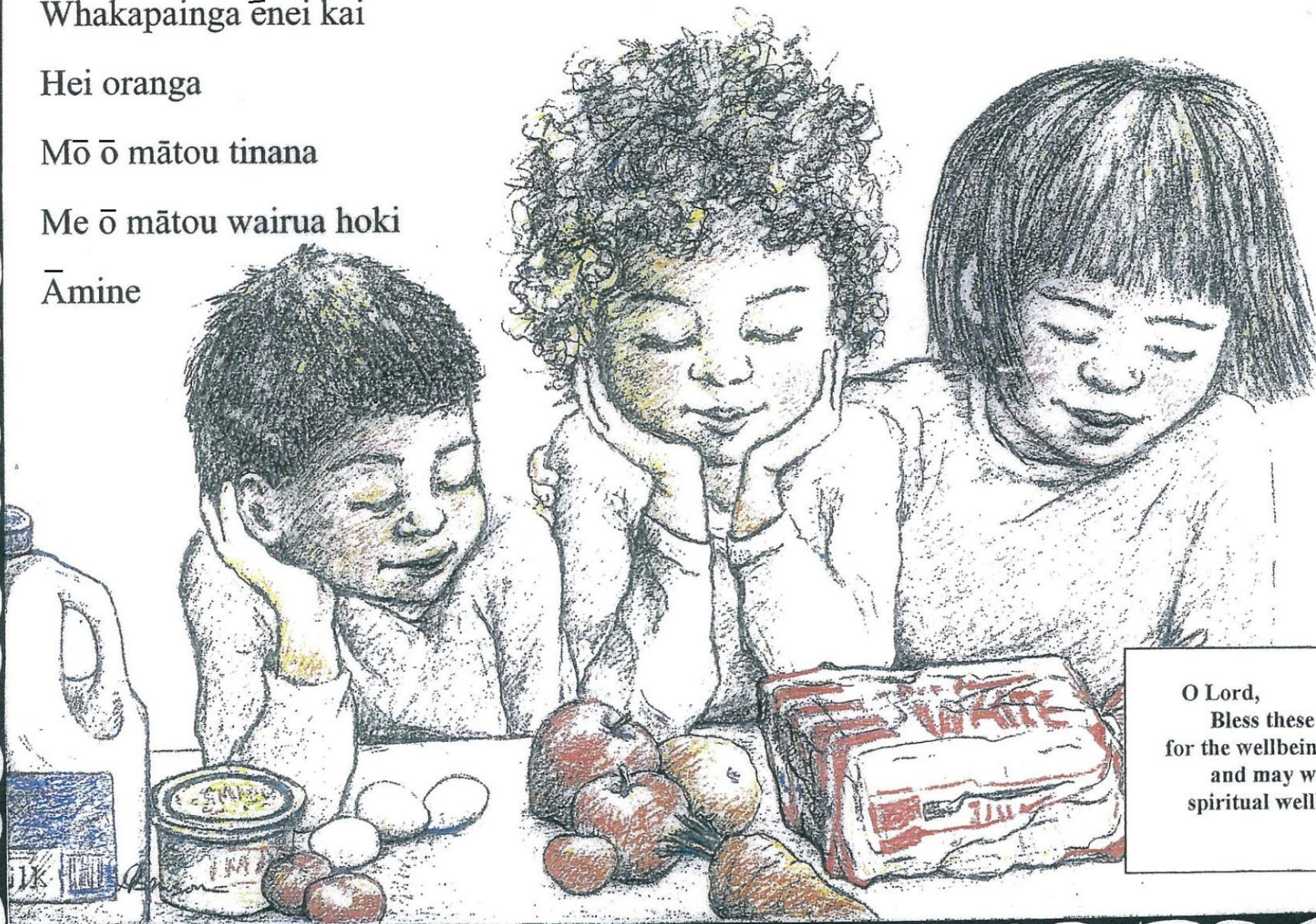
Whakapainga ēnei kai

Hei oranga

Mō ō mātou tinana

Me ō mātou wairua hoki

Āmine



O Lord,  
Bless these foods  
for the wellbeing of our bodies  
and may we have  
spiritual wellbeing also.  
Amen.



<b>Ingoa ~Title:</b>	<b>E Rongo, e rongo~<i>Blessing of food</i></b>
<b>Wāhanga ~Type:</b>	Karakia. An alternative karakia for blessing food.
<b>Whakamahi ~Use:</b>	<p>Blessing food before eating:</p> <ul style="list-style-type: none"> <li>• Breakfast</li> <li>• Morning tea</li> <li>• Lunch</li> <li>• Afternoon tea</li> <li>• Supper</li> <li>• Meals</li> <li>• Any occasion where food is to be eaten</li> </ul>
<b>Me pēhea ~How:</b>	<p>Once the food is ready and any covers have been removed.</p> <p>Stand next to the kai table.</p> <p>Tap on the table to seek everyone's attention. Deliver the karakia.</p> <p>Everyone stands for the karakia. If the whole rōpū~<i>group</i> says the karakia together, then the taina~<i>those who are less confident</i> are supported by the tuakana~ <i>those who are more confident</i>. This reflects the concept of ako~<i>learning and teaching</i> where the tuakana ~<i>older sibling</i> cares for the taina~<i>younger sibling</i>.</p>
<b>Whakaahua~Illustration:</b>	<p>Te Taumutu Rūnanga, Tuna ~<i>eel</i> caught at Taumutu eeling wānanga hung to dry.</p>



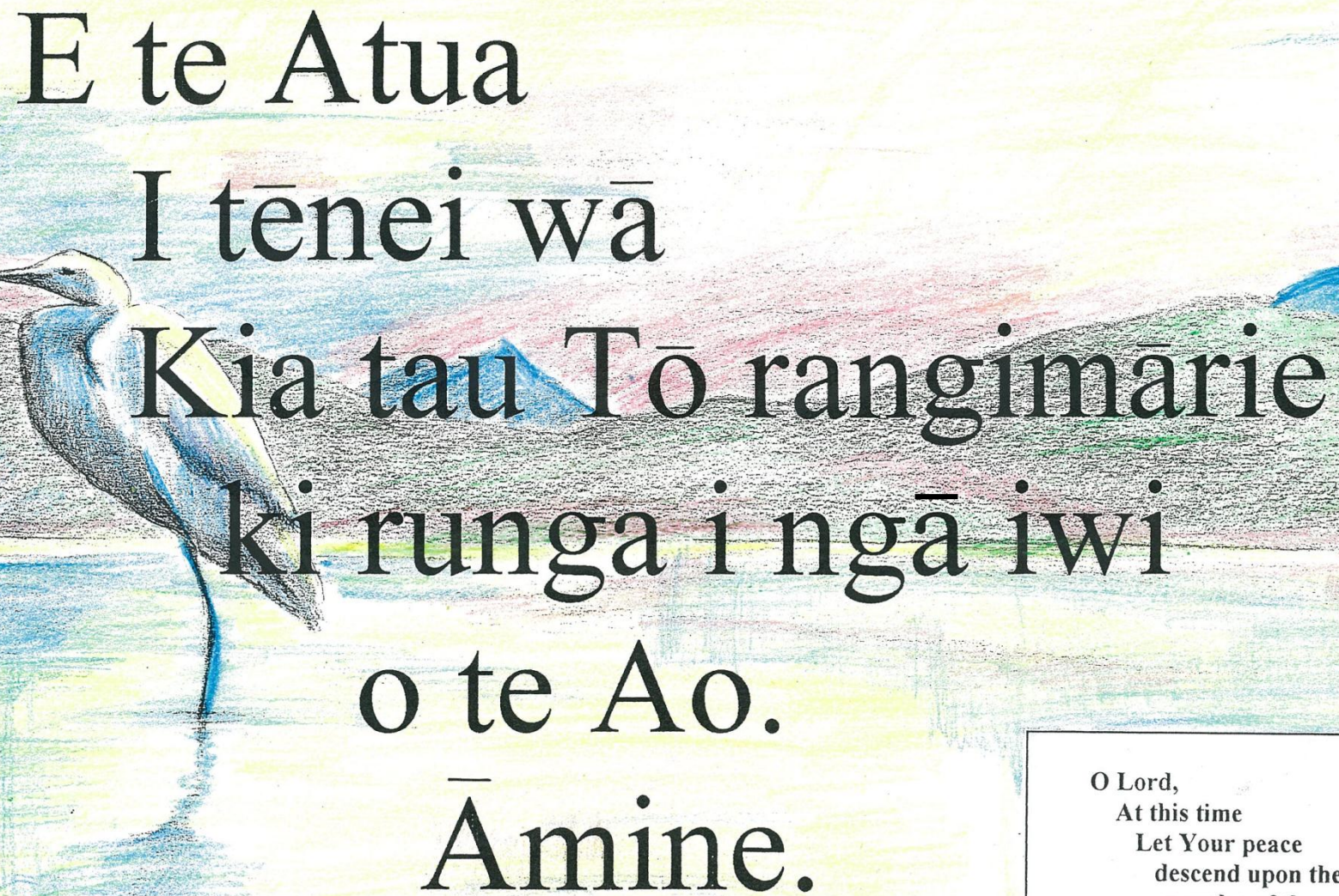
E Rongo, e Rongo  
Hōmai ngā tipu  
Hei whakakāi te tinana  
Hei oranga  
Au eke Au eke  
Hui e! Taiki e!



Let this food provide the sustenance  
needed for continued health and life.

<b>Ingoa ~Title:</b>	<b>Te rangimārie~<i>Request for peace in troubled times</i></b>
<b>Wāhanga ~Type:</b>	Christian
<b>Whakamahi ~Use:</b>	<p>Anytime</p> <ul style="list-style-type: none"> <li>• Beginning of the day</li> <li>• End of the day</li> <li>• Assemblies</li> <li>• Meetings – Staff, leadership and Board of Trustee meetings</li> <li>• Whanāu meetings</li> <li>• Professional Development</li> <li>• Hui</li> <li>• Wānanga</li> </ul>
<b>Me pēhea~How:</b>	<p>Once the group has assembled and gathered.</p> <p>Leader stands and briefly introduce the kaupapa~<i>topic</i> and explains that the karakia will be said.</p> <p>Everyone stands for the karakia.</p> <p>If the whole rōpū~<i>group</i> says the karakia together, then the taina~<i>those who are less confident</i> are supported by the tuakana~ <i>those who are more confident</i>. This reflects the concept of ako~<i>learning and teaching</i> where the tuakana ~<i>older sibling</i> cares for the taina~<i>younger sibling</i>.</p>
<b>Whakaahua~Illustration:</b>	Nā Diane Bensemann





E te Atua  
I tēnei wā  
Kia tau Tō rangimārie  
ki runga i ngā iwi  
o te Ao.  
Āmine.

O Lord,  
At this time  
Let Your peace  
descend upon the  
peoples of the world.  
Amen.



**Ingoa ~Title:** E to mātou Matua~ *Lord's Prayer*

**Wāhanga ~Type:** Christian

**Whakamahi ~Use:** A reflective situation

- Following a significant moment or event where reflection is appropriate e.g. memorial service
- Assembly
- Anywhere the Lord's prayer is appropriate

**Me pēhea~How:** Once the group has assembled and gathered.

Leader stands and briefly introduce the kaupapa~*topic* and explains that the karakia will be said.


Everyone stands for the karakia.

If the whole rōpū~*group* says the karakia together, then the taina~*those who are less confident* are supported by the tuakana~ *those who are more confident*. This reflects the concept of ako~*learning and teaching* where the tuakana ~*older sibling* cares for the taina~*younger sibling*.

**Whakaahua~Illustration:**

Hone Wetere Church, Taumutu






E tō mātou Matua i te rangi  
Kia tapu tōu ingoa  
Kia tae mai tōu rangatiratanga  
Kia meatia tāu e pai ai  
Ki runga ki te whenua  
Kia rite anō ki tō te rangi  
Hōmai kia mātou āiane  
He taro mā mātou mō tēnei rā  
Murua o mātou hara  
Me mātou hoki e muru nei  
I o te hunga e hara ana ki ā mātou  
Aua hoki mātou e kawea kia whakawaia  
Engari whakaorangia mātou i te kino  
Nāu hoki te rangatiratanga  
Te kaha me te korōria  
Āke ake ake. Āmine

**Our Father in heaven  
Hallowed be thy name  
Thy Kingdom come.  
Thy will be done in earth,  
As it is in heaven,  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive them that trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom,  
The power, and the glory,  
For ever and ever. Amen**

<b>Ingoa ~Title:</b>	<b>Painga~ <i>Explanation of use thanking for the good things of the day</i></b>
<b>Wāhanga ~Type:</b>	Christian. Could be used in conjunction with karakia ' <i>Hoki ki te kāinga</i> '. Karakia said at poroporoakī ~farewell.
<b>Whakamahi ~Use:</b>	<ul style="list-style-type: none"> <li>• End of the day</li> <li>• Last class of the day</li> <li>• Last words before leaving a hui, meeting or wānanga</li> </ul>
<b>Me pēhea~How:</b>	<p>Once the group has assembled and gathered.</p> <p>Leader stands and briefly introduce the kaupapa~topic and explains that the karakia will be said.</p> <p>Everyone stands for the karakia.</p> <p>If the whole rōpū~group says the karakia together, then the taina~those who are less confident are supported by the tuakana~ those who are more confident. This reflects the concept of ako~learning and teaching where the tuakana ~older sibling cares for the taina~younger sibling.</p>
<b>Whakaahua~Illustration:</b>	Nā Diane Bensemann



A colorful illustration of a young child with long, dark hair, wearing a light green long-sleeved shirt and blue pants, swinging joyfully on a swing set. The child's arms are raised, holding the chains of the swing. The background shows a lush green park with trees and a body of water in the distance. The entire scene is framed by a decorative white border with a black outline.

E te Atua  
Tēnā koe  
mō ngā painga  
o tēnei rā  
Āmine

O Lord,  
Thankyou for the  
blessings of this day.  
Amen.



<b>Ingoa ~Title:</b>	<b>Hoki ki te kainga~ <i>Look after us as we return home</i></b>
<b>Wāhanga ~Type:</b>	Christian.
<b>Whakamahi ~Use:</b>	<p>Prior to returning home</p> <ul style="list-style-type: none"> <li>• Noho wānanga</li> <li>• Camp</li> <li>• Noho marae</li> <li>• BOT meeting</li> <li>• Competitions or festivals</li> </ul>
<b>Me pēhea~How:</b>	<p>Once the group has assembled and gathered.</p> <p>Leader stands and briefly introduce the kaupapa~<i>topic</i> and explains that the karakia will be said.</p> <p>Everyone stands for the karakia.</p> <p>If the whole rōpū~<i>group</i> says the karakia together, then the taina~<i>those who are less confident</i> are supported by the tuakana~<i>those who are more confident</i>. This reflects the concept of ako~<i>learning and teaching</i> where the tuakana ~<i>older sibling</i> cares for the taina~<i>younger sibling</i>.</p>
<b>Whakaahua~Illustration:</b>	Nā Diane Bensemann





E te Atua  
Manaakitia mai mātou  
e hoki nei  
Ki ō mātou kāinga.  
Āmine.

O Lord,  
Bless us as we return  
to our homes.  
Amen.



<b>Ingoa ~Title:</b>	<b>Kia tau~ end</b>
<b>Wāhanga ~Type:</b>	Christian. This is a well-known karakia and Christian blessing, and it can be expected that people will join in.
<b>Whakamahi ~Use:</b>	<p>To close a meeting</p> <p>Prior to returning home</p> <ul style="list-style-type: none"> <li>• Noho wānanga</li> <li>• Camp</li> <li>• Noho marae</li> <li>• BOT meeting</li> <li>• Competitions or festivals</li> </ul>
<b>Me pēhea~How:</b>	<p>Once the group has assembled and gathered.</p> <p>Leader stands and briefly introduce the kaupapa~<i>topic</i> and explains that the karakia will be said.</p> <p>Everyone stands for the karakia.</p> <p>If the whole rōpū~<i>group</i> says the karakia together, then the taina~<i>those who are less confident</i> are supported by the tuakana~ <i>those who are more confident</i>. This reflects the concept of ako~<i>learning and teaching</i> where the tuakana ~<i>older sibling</i> cares for the taina~<i>younger sibling</i>.</p>
<b>Whakaahua~Illustration:</b>	Waihora ~ <i>Lake Ellesmere</i> taken from Whakamatakiuru~ <i>Fisherman's point</i>





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, 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



