

Ngā Karakia/ Inoi Pukapuka

A Resource Book
containing Prayers/ Blessings



Ngā Rāranga Kōrero

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Mihimihi

He mihi tēnei ki a koutou katoa e pirangi ana ki te whai mātauranga mai i ēnei tuhituhinga. Kia mutu tā koutou pānui ko te Tumanako kia whānui ake ō koutou māramatanga e pā ana ki ngā kupu me ngā kiang aka whakamahia (I ia rā) i roto i Te Roopu Taurima.

Greetings to you all that have a desire to learn from these writings. We hope that after reading through this resource booklet you have a better understanding of karakia used on a daily basis in Te Roopu Taurima.

In keeping with our whakatauki, we recognise the tino rangatiratanga of the people we support, their whānau and our kaimahi and as such we appreciate that not everyone affiliates with a religion and many belong to religions other than Christianity. For that reason there are a mix of karakia in this booklet. The important aspect for us in Te Roopu Taurima is the acknowledgment of the spiritual dimension. Please join us in karakia in a way that is appropriate for you.

Inoi/Karakia Timatanga

Prayers and Blessings for the start of the day or a meeting

Inoi Timatanga

E te Atua tō mātou kai-hanga
Ka tīaho te māramatanga me te ora,
i āu kupu kōrero.
Ka timata āu mahi,
ka mau te tika me te aroha
Meatia kia ū tonu ki a mātou
Tōu aroha i roto i tēnei huihuinga.
Whakakī ō mātou whakaaro
ā mātou mahi katoa
E tōu Wairua Tapu. Āmine

*God our creator
When you speak there is light and life.
When you act there is justice and love
Grant that your love may be present in our
meeting. So that we say and what we do.
May be filled with your Holy Spirit. Amen*

Karakia Timatanga

Whiti ora ki te whei ao ki te ao mārama
Whiti ki runga, whiti ki raro
E ngūngū ki te pōhatu, e ngūngū ki te rākau
Titaha ki tēnei taha; tītahi ki tērā taha,
Tihei Mauriora

*Cross over to life in the changing world
In the world of light and understanding
Cross upwards, cross downwards
Turn to the rock; turn to the tree
Leaning to this side; leaning to that side*

Karakia Timatanga

Mauri ora ki runga
Mauri ora ki raro
Mauri ora ki waenganui i a tātou
E huihui mai nei
Hui e
Tāiki e!

*Let life's essence reign above
Let life's essence extend to earth
Let life's essence surround us,
to give us inspiration
as we come together at this time
Are we all in agreement?
Yes we are!*

Karakia Tīmatatanga

Hau ki runga ki a Rangi e tū iho nei
 Hau ki raro ki a Papatūānuku
 e takoto nei
 Hau ki roto ki te ngākau o tēnā o tēnā o tātou
 Hau ki waho ki te whaiao ki te ao mārama
 Rire rire hau! Pai marire!

*Breath upwards to Ranginui
 standing up there
 Breath down to Papatūānuku
 lying down here
 Breath inside of the heart of
 every one of us
 Breath out to the daylight
 To the world of understanding
 I breath, I am alive.*

Karakia Tīmatanga

E Rangi, E Papa
 E te whānau atua
 Whakatōhia tō koutou manaakitanga ki roto i
 tēnei mahi o tātou

*Rangi, Papa
 and the family of gods
 bestow your blessings upon this work.*

Karakia Tīmatanga

Whakataka te hau ki te uru
 Whakataka te hau ki te tonga
 Kia mākinakina ki uta
 Kia mātaratara ki tai
 E hī ake ana ki te ātakura
 He tio, he huka, he hau hū
 Tihei Mauri Ora

*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*

Karakia Tīmatanga

Pou hihiri
 Pou a rārama
 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
 May understanding be yours
 Through reflection,
 through personal endeavor
 Through respect and the virtues
 that bind us as one
 May we be filled with well-being*

Karakia Tīmatatanga

Nau mai e te rā
 Manaakitia tēnei roopu
 Manaakitia i a mātou whānau
 Arahina mai a mātou whakaaro
 Arahina mai a mātou mahi
 Hei awahi i a mātou i te kaha me te aroha

*Welcome this day
 Befriend this group
 Befriend our family
 Guide our thoughts
 Guide our work
 Embrace us with strength and love*

Karakia Tīmatanga

Kia tau te rangimārie
 I roto i tēnei whare o tātou
 Homai te kaha me te aroha
 I tēnei wa huinga
 I mau i tō hinengaro
 Ngā whakaaro pai
 I ngā wā katoa
 Āmine

*May the blessing and goodwill
 be in this house of ours
 Give us strength and love
 As we gather together
 May we always think good thoughts
 at all times
 Amen*

He wā karakia ano

Prayers and Blessings

for other times of the Day

Inoi mō te Ata ***Morning Prayers***

E te Atua Tapu, ora tonu na tōu
kaha i ora ai mātou i
hoko. Meatia tōu wairua hei
whakakaha, hei arataki i a
mātou. Kia tuku atu tō mātou
kaha katoa te mahi ki a
koe. Kia pai ō mātou rā te āta
noho i roto i te aroha
tētahi ki tētahi, i roto tōu aroha noa.
Ko Ihu Karaiti tō mātou Ariki.
Āmine

*Holy and ever living God, By your power
we are created and by your love we are
redeemed; guide and strengthen us by
your spirit, that we may give ourselves to
our service, and live each day in love to one
another and to you.
Through Jesus Christ our Lord.
Amen*

Karakia mō te Pō ***Night Prayer***

Ka takoto ahau, ka whakatā:
I roto i te Atua e kore ahau a wehi
Whakanuia te ingoa o te Atua ki
ngā tuarangi,
Whakapaingia, whakamoemititia
mō ake tonu atu.
Tōku wairua ki ōu ringa, e te Atua
Nāu nei ahau i hoko, e te Atua
o te pono, o te aroha.
Āmine.

*The angels of God guard us through the
night, And quieten the powers of darkness.
The spirit of God be our guide to lead
us to peace and to glory.
Eternal spirit, flow through our
being and open our lips,
That our mouths may proclaim your praise
Let us worship the God of love.
Amen*

Karakia mō te Pō ***Night Prayer***

E te Ariki, kua heke te rā Hei aupaki te pō,
kia aupaki tātou i mua i te Atua. Tēnei te pō i
muri i te rā roa Ngā mea i oti kua tau.
Ngā mea kāhore anō kia mahia, kihai i oti,
kāti. He pōuri te pō. Ngā wehi e whakapōuri
nei i te ao, me ngā mea e whakarururu ana i
a mātou, Ka waihongia i waenganui i a koe.
He māriri te pō mā te māriri o tōu
rangimārie mātou e manaaki. Awhinatia o
mātou whanaunga, me rātou e
rawakore ana. I muri i te pō ko te ata.
Ka tatari mātou i te rā hou. Ngā mea
whakahari i a mātou, ngā mea hou
ka taea e mātou. Tēnei tā mātou inoi
i runga i tōu ingoa tapu.
Āmine.

*Lord, it is night. The night is for stillness.
Let us be still in the presence of God.
It is night after a long day. What has been
done has been done; what has not
been done has not been done;
Let it be. The night is dark.
Let our fears of the darkness of
the world and of our own lives rest in you.
The night is quiet. Let the quietness
of your peace enfold us, all dear to us,
and all who have no peace.
The night heralds the dawn.
Let us look expectantly to a new day,
new joys, new possibilities.
In your name we pray.
Amen*

Inoi/Karakia Mutunga

Prayers and Blessings for the end of the day or a meeting

Karakia kia whakakapi te hui ***Prayer to close the / meeting / or day***

Kia tau kia 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
Ake, Ake, Ake
Āmine

*Descend upon us
The Grace of our Lord Jesus Christ
And the Love of God
And the fellowship
Of the Holy Spirit
For evermore
Amen*

Karakia whakamutunga ***Closing Blessing***

Te Aroha
Te whakapono
Te rangimārie
Tātou, tātou e

Love, faith, peace for all

Karakia timatanga me mutunga ***Starting/ or closing prayer***

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

*O Lord,
thank you for the blessings of this day
Amen*

Karakia whakamutunga ***Starting/ or closing prayer***

Unihia, unuhia
Unuhia ki te uru tapu nui
Kia wātea, kia māmā
te ngākau, te tinana, te wairua
Koia rā ka whakairia ki runga
Kia tina – tina
Haumi e, hui e – taiki e.

*Release us from the formalities
Of the gathering
Let our hearts, body and spirits be
Clear, be free to carry on with our day
Let our meeting be suspended
Draw together
Become intertwined*

Karakia me inoi mō ngā Powhiri

Blessings and prayers for welcomes

Te Inoi Tuatahi ***The Collect***

E te Atua kaha rawa, e tūwhera ana ngā ngakau katoa ki a koe, e mōhiotia ana ngā hiahia katoa, e kore hoki e ngaro i a koe te mea huna, whakahāngia iho tōu Wairua Tapu hei whakamā i ngā whakaaro o mātou ngākau, kia tino aroha ai mātou ki a koe, kia tika ai te whakanui i tōu ingoa tapu. Ko ihu Karaiti nei tō mātou Ariki
Āmine

*Almighty god, to whom all hearts are open, all desires known, and from whom no secrets are hidden, cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, so that we may truly love you and worthily praise your holy name.
Amen.*

Te Inoi a te Ariki ***The Lord's Prayer***

*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. Homai ki a mātou aianeī he taro mā mātou mō tēnei rā. Murua ō matou hara, me mātou hoki i ō te hunga e hara ana ki a matou. Aua hoki mātou e kawea kia whakawaia; engari whakaorangia mātou i te kino. Nōu hoki te Rangatiratanga, te kaha, me te kororia. Ake, ake, ake.
Āmine*

*Our father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us from evil. For the kingdom, the power, and the glory are yours now and forever.
Amen.*

Inoi/Karakia Mutunga

Prayers and Blessings for the end of the day or a meeting.

Karakia kia whakakapi te hui *Prayer to close the / meeting / or day*

Kia tau kia 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
Ake, Ake, Ake
Āmine

*Descend upon us
The Grace of our Lord Jesus Christ
And the Love of God
And the fellowship
Of the Holy Spirit
For evermore
Amen*

Karakia whakamutunga *Closing Blessing*

Te Aroha
Te whakapono
Te rangimārie
Tātou, tātou e

Love, faith, peace for all

Karakia mō te Pō *Night Prayer*

Ka takoto ahau, ka whakatā:
I roto i te Atua e kore ahau a wehi
Whakanuia te ingoa o te Atua ki ngā tuarangi,
Whakapaingia, whakamoemititia mō ake
tonu atu. Tōku wairua ki ōu ringa, e te Atua
Nāu nei ahau i hoko, e te Atua o te pono,
o te aroha.
Āmine.

*The angels of God guard us
through the night,
And quieten the powers of darkness.
The spirit of God be our guide
to lead us to peace and to glory.
Eternal spirit, flow through our
being and open our lips,
That our mouths may proclaim your praise
Let us worship the God of love.
Amen*

Karakia mō te Pō *Night Prayer*

E te Ariki, kua heke te rā
Hei aupaki te pō, kia aupaki tātou I mua I te
Atua. Tēnei te pō i muri i te rā roa
Ngā mea i oti kua tau.
Ngā mea kāhore anō kia mahia,
kihai i oti, kāti. He pōuri te pō.
Ngā wehi e whakapōuri nei i te ao, me ngā
mea e whakararuraru ana i a mātou,
Ka waihongia i waenganui i a koe.
He māriri te pō mā te māriri o tōu
rangimārie mātou e manaaki. Awhinatia o
mātou whanaunga, me rātou e
rawakore ana. I muri i te pō ko te ata.
Ka tatari mātou i te rā hou. Ngā mea
whakahari i a mātou, ngā mea hou
ka taea e mātou. Tēnei tā mātou inoi
i runga i tōu ingoa tapu.
Āmine.

*Lord, it is night. The night is for stillness.
Let us be still in the presence of God.
It is night after a long day. What has been
done has been done; what has not
been done has not been done;
Let it be. The night is dark.
Let our fears of the darkness of
the world and of our own lives rest in you.
The night is quiet. Let the quietness
of your peace enfold us, all dear to us,
and all who have no peace.
The night heralds the dawn.
Let us look expectantly to a new day,
new joys, new possibilities.
In your name we pray.
Amen*

Te inoi mō Te Roopu Taurima *Prayer for the Organisation*

E te Atua, tēnei mātou āu pononga te inoi nei ki a koe, kia tata mai koe ki a mātou i tēnei wā, hei awhina, hei arataki i a mātou, kia whakakororiatia ai koe i roto i a mātou katoa. Ko koe hoki te Atua, e ora nei, e mana nei āu ngā mokopuna, ngā kaimahi me te roopu hoki i ngā wā katoa. Ko Ihu karaiti hoki tō mātou Ariki.
Āmine

Our heavenly Father we your humble servants are asking for your blessing and to be close to us throughout these times, top support us, to lead us, so we could glorify you within all of us. For you our creator is the provider of good life and dignity to our tangata, our kaimahi, and our Roopu at all times. Through Jesus Christ our Lord. Amen.

Te Manaakitanga *Blessing*

Kia whakakororiatia te Atua i runga rawa, kia mau te rongu ki te whenua, he whakaaro pai ki ngā tāngata katoa. Kia hora te marino ki te papa e takoto nei. Kia tuku te puehu o Papatūāuku, kia aio ki ngā huihuinga tangata.
Āmine.

*Glory be to god in the Highest Heaven,
peace on earth and good will to all people.
May there be calm and tranquility for all those
that meet here in this place.
Amen*

Karakia mō te kai *Prayers and Blessings for food*

Inoi mō te kai *Prayer for food*

E te Ariki
Whakapaingia ēnei kai
Hei orange mō ō mātou tinana
Whāngaia ō mātou wairua ki te taro o te ora
Ko Ihu Karaiti hoki tō mātou Ariki.
Āmine.

*Lord, Bless this food
That will sustain our physical need's and
feed us with your spiritual grace of our lord.
Amen*

Karakia mō te kai *Blessing for food*

Kua horahia te kai. Nā ngā atua I homai
Tāne Mahuta. Haumiatiketike
Rongomātāne. Tangaroa
Kia ora

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

Karakia mō te kai *Blessing for food*

Nau mai e ngā kai
O te wao
O te ngākina
O te wai tai
O te Wai Māori
Ko Ranginui e tū iho nei
Ko Papatūānuku e takatō nei
Tūturu whakamaua
Kia tīna, tīna, hui e tāiki e

*Welcome the gifts of food,
from the sacred forests,
from the sea
from the cultivated gardens
from the fresh waters.
I acknowledge the sky father who is above me
Earth mother who lies beneath me
Let this be my commitment to all.
Draw together, affirm!*

Ngā Whakatauki

Proverbs

Mā te rongō ka mōhio
Mā te mōhio ka mārāma
Mā te mārāma ka mātau
Mā te mātau ka ora ai tātou

*Through perception comes awareness
Through awareness comes understanding
Through understanding comes knowledge
Through knowledge comes well-being for all.*

He aroha whakatō
He aroha puta mai!

*If kindness is sown
Then kindness you shall receive!*

Mā te whakapono
Mā te tumanako
Mā te titiro
Mā te whakarongo
Mā te mahitahi
Mā te manawanui
Mā te aroha
Ka taea e tātou

*By believing and trusting
By having faith and love
By looking and searching
By listening and hearing
By working and striving together
By patience and perseverance
By doing this with love and compassion
We can all succeed.*

Whakatauki Mutunga

Proverbs to close meetings or the day

Kia hora te marino
Kia whakapapa pounamu te moana
Kia tere te kārohirohi
I mua I tōu huarahi!

*May the calm be widespread
May the ocean glisten like greenstone
May the shimmer of light
Ever dance across your pathway.*

Kei te tino whakamiharo
pēhea te maha o ngā mahi
ka oti i a koe pēnā kāhore ōu whakaaro ko
wai ka tū rangatira.

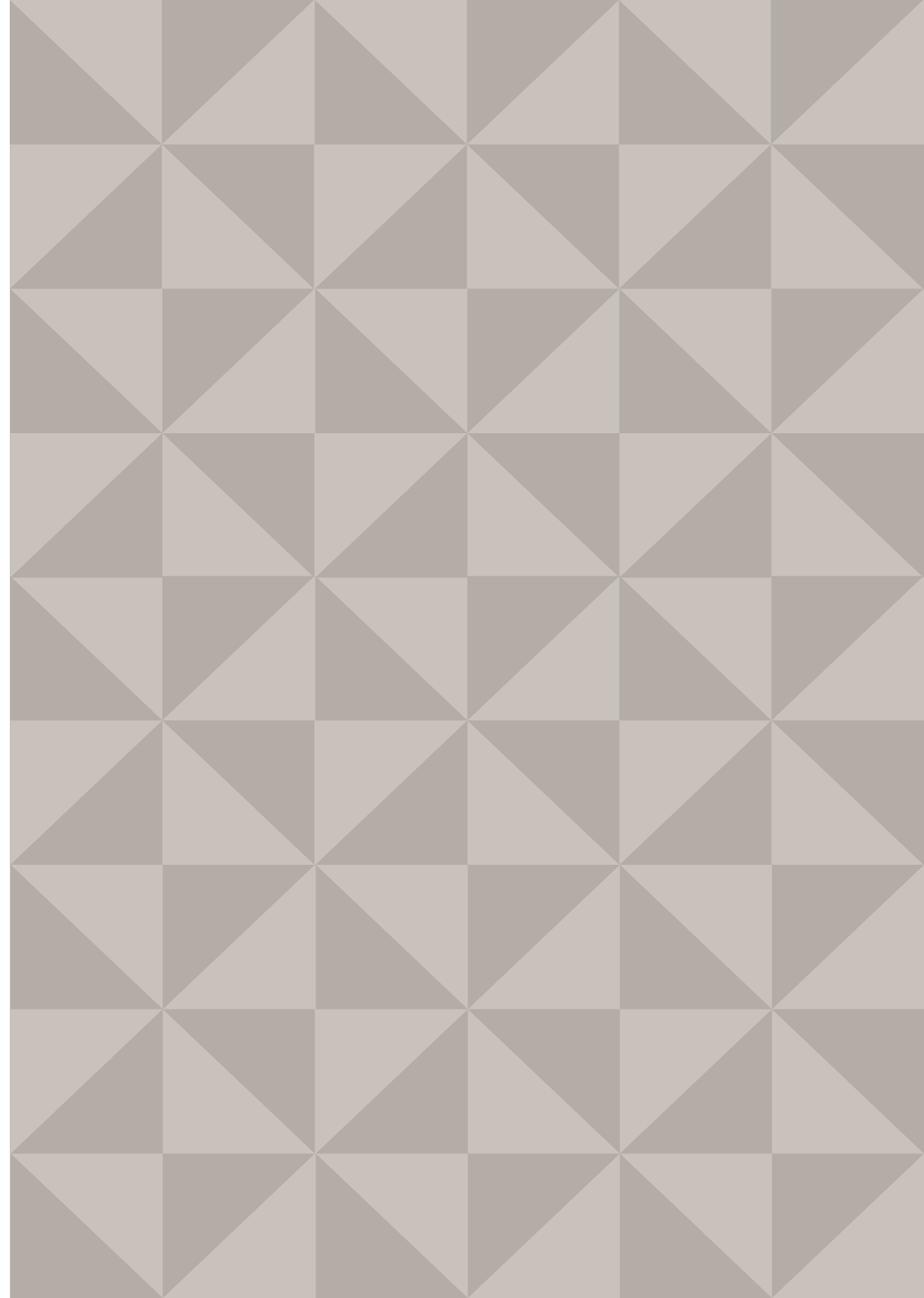
*It is amazing
how much can be accomplished
when it doesn't matter who gets the credit.*

Ngā kupu o Taa Henare

Quote by Sir James Henare

Tāwhiti rawa tō tātou haerenga mai ki a kua tātou e haere tonu
Maha rawa ngā mahi kua oti ki a kua tātou e mahi tonu

*We have come too far for us not to continue
We have done too much work not to do more*



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Te Roopu Taurima