

Karakia Timatanga

Beginning Prayer



**He hōnore,
He kororia ki te atua**

Honour
and glory to
God

**He maungarongo
ki te whenua**

Peace
on Earth

**He whakaaro pai
ki ngā tangata katoa
Āmene**

Goodwill
to all people
Amen

**Tukua te wairua kia rere ki ngā
taumata**

Allow ones spirit exercise its potential

Hai ārahi i ā tātou mahi

To guide us in our work

**Me tā tātou whai i ngā tikanga a
rātou mā**

As well as in our pursuit of our
ancestral traditions

Kia mau kia ita

Take hold and preserve it

Kia kore ai e ngaro

Ensure it is never lost

Kia pupuri

Hold fast

Kia whakamaua

Secure it

Kia tina! TINA! Hui e! TĀIKI E!

Draw together! Affirm!

Karakia Whakamutunga

Ending Prayer



**Kia tau, kia tātou katoa
Te atawhai o tō tātou ariki**

May the grace of the Lord

A ihu karaiti

Jesus Christ

Me te aroha o te Atua

and the love of God,

Me te whiwhinga tahitanga

and the fellowship

Ki te wairua tapu

of the Holy Spirit be with you all

Ake ake ake

Forever and ever

Āmine

Amen

Unuhia, unuhia

Draw on, draw on,

Unuhia ki te uru tapu nui

Draw on the supreme sacredness

**Kia wātea, kia māmā, te ngākau,
te tinana, te wairua i te ara tangata**

To clear, to free the heart, the body
and the spirit of mankind

**Koia rā e Rongo, whakairia ake
ki runga,**

Rongo suspended high above us

Kia tina! TINA! Hui e! TĀIKI E!

Draw together! Affirm!

Waiata Songs



Waiata mo Aktive

**E tautoko (e tautoko)
ana mātou (ana mātou)**

We all support

**Korikori ai (korikori ai)
o Tāmaki Makaurau (o Tāmaki Makaurau)**

An active Auckland

**He Kaupapa (he kaupapa)
Whakahirahira (whakahirahira)**

An important kaupapa

Kia whai oranga (kia whai oranga)
for the well-being

**Mō Tāmaki Makaurau
(mō Tāmaki Makaurau)**

of Auckland

Te Aroha

**Te aroha
Te whakapono
Me te rangimārie
Tātou tātou e**

Love
Faith
and peace
To everyone

Ehara i te mea

Ehara i te mea

It's not a new thing

Nō naianei te aroha

Now that is love

Nō ngā tūpuna

Comes from the ancestors

Tuku iho, tuku iho

Handed down through the passages
of time

Marae Protocols



Tips

- Do not smoke on or near marae grounds
- Remove your shoes when entering the wharenuī (meeting house)
- Do not sit on tables in the wharekai (dining hall)
- Do not sit directly on top of pillows
- Remove your hat when inside the wharenuī or wharekai
- Do not pass things over a person's head. The head is tapu (sacred) in Māori culture
- Wait for food to be blessed before eating.

AKTIVE

He Rauemi
Pūkoro

Māori
Pocket Guide

HE ORANGA
POUTAMA

Kia ora. Nau mai, haere mai ki tēnei rauemi pūkoro Māori.

(Hi, welcome to this Māori pocket guide)

This pocket guide aims to support you with some handy information that you can keep in your pocket.

Kuputaka Glossary

Aotearoa	New Zealand
awa	river
hākari	meal
hapū	sub tribe
harirū	shake hands
hongī	press noses
iwi	tribe
kawa	protocols
kaikaranga	caller
kaikōrero	speaker
kaitiaki	guardians
kaitiakitanga	guardianship
kanohi ki te kanohi	face-to-face
karakia	prayer
karanga	call
koha	monetary gift
kotahitanga	unity
manaakitanga	hospitality

mana whenua
manuhiri
marae

authority over land
visitors
sacred meeting grounds

marae ātea

area in front of whareniui

Maramataka
Matariki

lunar calendar
Māori New Year, the Pleiades star cluster

maunga
mauri

mountain
life force

mihimihi
mihi whakatau

greeting speech
less formal pōwhiri

moana
ngā orokati

ocean
consonants

ngā oropuare
ngā tohutō

vowels
macrons

pepeha
poroporoaki

tribal connections
farewell process

pōwhiri
rangatiratanga

welcome ceremony
leading resource

rauemi
rohe

areas, regions

roto
Tāmaki Makaurau
tāngata
tapu

lake
Auckland people
sacred

Te ao Māori
te reo Māori

The Māori world
Māori language

tikanga
timatanga

practices
beginning

tūrangawaewae
waharoa

standing place
gate entry of marae

waiata
wairuatanga

song
spirituality

wero
whaikōrero

challenge
speeches

whakamutunga
whakapapa

ending
genealogy

whānau
whānaungatanga

family
relationships

wharekai
whareniui

dining hall
meeting house

wharepaku

toilets and shower block

Whakahua o te reo Māori Pronunciation of the Māori language

The Māori language consists of 15 characters of the alphabet - 5 vowels, 8 consonants and 2 digraphs.

Ngā oropuare - Vowels
Short vowels: a e i o u (a as in cup, e as in egg, i as in eat, o as in for, u as in to)

Ngā tohutō - Macrons
A macron is a line written above a vowel and indicates a long vowel sound. Macrons are important in the Māori language to ensure correct meaning of a word.

Long vowels
ā ē ī ō ū (ā as in car, ē as in measure, ī as in heel, ō as in your, ū as in roof)

Ngā orokati - Consonants
h k m n p r t w
The letter **r** is pronounced rolling the tongue

Digraphs
wh ng (wh as in father, ng as in sing)

Ngā mihi / Pōwaiwai Greetings / Farewells

Kia Ora
Tēnā koe
Tēnā kōrua
Tēnā koutou

Hello (Informal)
Greetings (1 person) (formal)
Greetings (2 people) (formal)
Greetings (3 people) (formal)

Mōrena
Kei te pēhea koe?

Morning
How are you?

Kei te pai ahau
Kia pai tō rā
Kia pai tō pō

I am good
Have a good day
Have a good night

Haere rā
E noho rā
Ka kite

Goodbye (to someone leaving)
Goodbye (to someone staying)
See you (bye)

Hei konei rā
Ngā mihi
Nāku, nā

Goodbye
Kind regards
Yours faithfully

Nāku noa, nā
Ngā manaakitanga
Kia ora rawa atu

Yours sincerely
With best wishes
Many thanks

Noho ora mai

All the best

Mihimihi Greeting Speech

Tēnā koutou katoa
Greetings everyone

Ko _____ tōku ingoa

My name is _____

Nō _____ ahau

I am from _____

Kei _____ ahau e mahi ana

I work at _____

Nō reira, tēnā koutou katoa
Greetings to you all

Pepeha Identity Speech

Tēnā koutou katoa
Greetings everyone

Ko _____ te waka (canoe)

Ko _____ te maunga (mountain)

Ko _____ te awa/roto/
moana (river/lake/ocean)

Ko _____ te iwi (tribe)

Ko _____ te hapū (sub tribe)

Ko _____ te marae

Ko _____ tōku ingoa (name)

Nō reira, tēnā koutou katoa
Greetings to you all