

## Karakia Timatanga

Beginning Prayer



**He hōnore,  
He korōria ki te Atua**

Honour  
and glory to  
God

**He maungarongo  
ki te whenua**

Peace  
on Earth

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

Goodwill  
to all people  
Amen

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

Allow ones spirit exercise its potential

**Hei 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 ināianei te aroha**

Now that is love

**Nō ngā tūpuna**

Comes from the ancestors

**i tuku iho, i 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

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

**mana whenua**  
**manuhiri**  
**marae**

authority over land  
visitors  
sacred meeting grounds

**marae ātea**  
**Maramataka**  
**Matariki**

area in front of whare  
lunar calendar  
Māori New Year, the Pleiades star cluster

**maunga**  
**mauri**  
**mihimihi**  
**mihi whakatau**

mountain  
life force  
greeting speech  
less formal pōwhiri

**moana**  
**ngā orokati**  
**ngā oropuare**  
**ngā tohutō**  
**pepeha**

ocean  
consonants  
vowels  
macrons  
tribal connections

**poroporoaki**  
**pōwhiri**  
**rangatiratanga**  
**rauemi**  
**rohe**

farewell process  
welcome ceremony  
leading resource areas, regions

**roto**  
**Tāmaki Makaurau**  
**tāngata**  
**tapu**

lake  
Auckland people  
sacred

**Te ao Māori**  
**te reo Māori**  
**tikanga**  
**timatanga**

The Māori world  
Māori language practices  
beginning

**tūrangawaewae**  
**waharoa**  
**waiata**  
**wairuatanga**  
**wero**

standing place  
gate entry of marae  
song  
spirituality  
challenge

**whaikōrero**  
**whakamutunga**  
**whakapapa**  
**whānau**  
**whānaungatanga**

speeches ending  
genealogy  
family  
relationships

**wharekai**  
**wharehau**  
**wharepaku**

dining hall  
meeting house  
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 ah, e as in egg, i as in 'e', o as in or, u as in eww)

**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 or double vowel.

**Long vowels**  
ā ē ī ō ū (aa, ee, ii, oo, uu)

**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 fit, ng as in tongue)

## Ngā mihi / Pōwaiwai Greetings / Farewells

Kia ora  
Tēnā koe  
Tēnā kōrua  
Tēnā koutou  
Mōrena  
Kei te pēhea koe?  
Kei te pai ahau  
Kia pai to rā  
Kia pai to pō  
Haere rā  
E noho rā  
Ka kite  
Hei konei rā  
Ngā mihi  
Nāku, nā  
Nāku noa, nā  
Ngā manaakitanga  
Kia ora rawa atu  
Noho ora mai

Hello (Informal)  
Greetings (1 person) (formal)  
Greetings (2 people) (formal)  
Greetings (3 people) (formal)  
Morning  
How are you?  
I am good  
Have a good day  
Have a good night  
Goodbye (to someone leaving)  
Goodbye (to someone staying)  
See you (bye)  
Goodbye  
Kind regards  
Yours faithfully  
Yours sincerely  
With best wishes  
Many thanks  
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