

**Karakia mo te Kai**

**Me inoi tātou (Kaiārahi)**

E te Atua

Whakapaingia ngā kai

Hei oranga mō ō mātou tinana

Whāngaia ō mātou wairua

Ki te taro o te ora

Ko Ihu Karaiti

Tō mātou ariki kaiwhakaora

Ake ake ake, āmine

***Prayer for Food***

***Let us pray***

*Lord*

*Bless the food*

*Health for our bodies*

*Nourish our spirits*

*With the bread of life*

*In the name of Jesus Christ*

*Our saviour*

*Forever and ever, amen*