

Karakia Kai

Nau mai e ngā hua	<i>Welcome the gifts of food</i>
o te wao,	<i>from the sacred forests</i>
o te ngakina,	<i>from the cultivated gardens</i>
o te wai tai,	<i>from the sea</i>
o te wai Māori.	<i>from the fresh waters</i>
Nā Tane	<i>The food of Tane</i>
Nā Rongo	<i>of Rongo</i>
Nā Tangaroa	<i>of Tangaroa</i>
Nā Maru	<i>of Maru</i>
Ko Ranginui e tū iho nei	<i>I acknowledge the sky father who is above me,</i>
Ko Papatūānuku e takoto nei	<i>the earth mother who lies beneath me</i>
Tūturu whakamaua kia tina! TINA!	<i>Let this be my commitment to all!</i>
Hāumi e! Hui e! TĀIKI E!	<i>Draw together! Affirm!</i>