



He karakia hei tīmata i te rā

To start the day

Kia whakakorowai tātou ki te kāhu pītongatonga o te wāhi ngaro
Kia haumaruru ai tā tātou noho tara-ā-whare i o tātou kāinga
Kia mārire, kia ngākau tapatahi, kia aroha, kia manaaki hoki tētahi ki
tētahi.

Kia ūhia katoa tātou ki te korowai o te aroha mutunga kore.
Koia rā e Rongo, whakairi ake ki runga tūturu o whiti, whakamaua kia
tīna, haumi e, hui e, tāiki e!

*May we be protected by the cloak of our ancestors
To be safe and well as we live self-isolated in our homes*

*May we live in peace, unity, compassion, and with empathy.
And ultimately practise unconditional love for one another.
We all raise Rongo up, so that our collective energy is bound together
as one!*

*This karakia was composed by Te Puni Kōkiri Senior Advisor **Eruera Lee-Morgan** (Te Arawa, Tainui) as a way of supporting whānau to feel a sense of stability and peace in response to the COVID-19 pandemic.*

