



Te Puni Kōkiri  
MINISTRY OF MĀORI DEVELOPMENT

## He karakia mō te uru-whare, hoki mai ki te kāinga

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### Returning home from the supermarket or hīkoi

Wetekina, unuhia ngā makenu, me ngā kino o te wā  
Takahia te mate urutā, arā te mate korona ki raro rawa.  
Ko au ki runga ko koe ka takahia ki raro, ki raro rawa e!  
Tūturu o whiti, whakamaua kia tina, haumi e, hui e, tāiki e!

*Remove, take away any unwell traces from us  
Eliminate the pandemic, of the coronavirus so it is eradicated.  
I will ascend upwards and you (Covid-19) will descend downwards!  
Make it tangible and bind our energies all 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.*

