

Karakia Kai



**Nau mai e ngā hua
o te wao
o te ngakina
o te wai tai
o te wai Māori
Nā Tane
Nā Rongo
Nā Tangaroa
Nā Maru
Ko Ranginui e tū iho nei
Ko Papatūānuku e takoto nei
Tuturu whakamaua
Kia tina! TINA! Hui e! TĀIKI E! I**

I welcome the gifts of food
From the sacred forests
From the cultivated gardens
From the sea
From the fresh waters
The food of Tāne
Of Rongo
Of Tangaroa
Of Maru
I acknowledge Ranginui who is above me and
Papatūānuku who lies beneath me
Let this be my commitment to them all!