

Karakia Timatanga (opening karakia)

Nā Scotty Morrison

Tūtawa mai i runga	Come forth from above,
Tūtawa mai i raro	below,
Tūtawa mai i roto	within,
Tūtawa mai i waho	and from the environment
Kia tau ai	Vitality
Te mauri tū	and well being, for all
Te mauri ora	Strengthened in unity.
Ki te katoa	
Haumi e. Hui e. Tāiki e!	

Karakia Whakamutunga (closing karakia)

Nā te iwi Māori

Kia whakairia te tapu	Restrictions are moved aside
Kia wātea ai te ara	So the pathway is clear
Kia turuki whakataha ai	To return to everyday activities
Kia turuki whakataha ai	
Haumi e. Hui e. Tāiki e!	Draw together! Affirm!