



**Kete waiata  
me  
karakia**



# WAKATŪ

INCORPORATION

## He aronga - Purpose

Our identity as a Māori organisation is deeply embedded in our history, our language, and our culture.

The purpose of this resource is to build your confidence in singing waiata at mihi whakatau or pōwhiri and to assist you in using a karakia to open or close a hui, meeting, or bless kai.

In this booklet, you will find:

- a number of Wakatū and other commonly known waiata
- karakia to open or close a hui and bless kai



# Waiata

## **Ngā uri o ngā hekenga nui**

This waiata can be used as a waiata tautoko to support a speaker from Wakatū or Kono. It was composed and choreographed by the Wakatū Alumni (past scholarship recipients, Associate Directors, and Ahi Kā participants) in December 2016 at Onetāhua marae. It is a gift from the Alumni to the incorporation.

The italicised sentence is sung by the kaea (waiata leader).

The bold writing is sung by the tāne (males) in the group.

## *Ngā uri o ngā hekenga nui*

Nei ra te whānau whānui o Wakatū  
Ngā kaitiaki no Te Tauihu  
E tuhonohono nei, ngā taura herenga  
Kia manaaki mai i te pataka

## **Te Kono e**

Ko Ngāti Tama, Rārua  
Te Ātiawa, Koata  
Ngā uri o ngā hekenga nui

Ko Ngāti Tama, Rārua  
Te Ātiawa, Koata  
Ngā uri o ngā hekenga nui  
Ngā uri o ngā hekenga nui

He aue hi!





## Te Pū

This waiata is often used during ceremonies for harvest.

Te Pū	The seed / root
Te More	The tap root
Te Weu	The rootlets
Te Aka	The creeper / vine / shoot
Te Rea	The growth above ground
Te Waonui e...	The wood form and size attained
Te Kune	The plant form attained
Te Whē	The sound emitted by plants as they continue to grow and when moved by wind or rain
Te Kokore	The void – when the seed falls to the earth)
Te Pō	The night / gestation
Te Pō Nui	The great night / great gestation)
Te Pō	The night / gestation
Te Pō Roa	The long night / long gestation)
Te Pō i awhi ai a Papatūānuku	The night that comforts / connects Papatūānuku (Earth Mother)
Ki a Ranginui e	To Ranginui (Sky Father)



## Hekenga Mai

This waiata depicts the ancestral migrations of Ngāti Koata, Ngāti Rārua, Ngāti Tama and Te Ātiawa in the 1800s.

This waiata can be used as a waiata tautoko to support a speaker from Wakatū or Kono.

*Ko ngā hekenga mai*

O ngā tupuna i ngā tau o te tahi mano waru rau e i  
Te Heke Mai i Raro  
Te Heke Tātarāmoa  
Te Heke Hauhauā  
Te Heke Niho Puta, "Kua patua noatia taku niho  
puta mō te ruranga."

## Hei aha!

Te Heke Whirinui  
Te Tukituki Aruhe  
Te Heke Niho Mangō - te mana o te whenua!  
Te Heke Tamateuaua  
Ko ngā uri o ngā Hekenga e tu atu nei e i a!

The italicised sentence is sung by the kaea (waiata leader).

The bold writing is sung by the tāne (males) in the group.





## Purutia tō mana

This ngeri was composed by Jamie Tuuta during Te Rākau Pakiaka, a wānanga whakapapa held at Onetāhua marae in 2018.

The first half of the ngeri is symbolic of the journey that brought Wakatū ancestors to Te Taiuhu. The second half reflects settlement in Te Taiuhu.

The ngeri calls on people to hold fast to their mana, hold fast to place, now and into the future.

**"E kore au e ngaro, ko te uri anō au o ngā hekenga, arā, whākina, whākina, whākina mai rā"**

He ao kei runga

He au kei raro

He tai timu

He tai pari

He tai tangata

Ka tau e

Ka tau e

Ka tau ki te ihu o te waka a Māui e takoto nei

E te iwi e purutia tō mana, kia mau, kia ita

Aha ita, ita

Mau tonu e!



## Commonly known waiata

These waiata are short and commonly known. They can be sung at mihi whakatau or pōwhiri to support a speaker.

### Te aroha

Te aroha	Love
Te whakapono	Faith
Me te rangimārie	And peace
Tātou tātou e	Be amongst us all

### Mā wai rā

Mā wai rā e taurima te marae i waho nei?	Who will take responsibility of the marae?
Mā te tika	Truth
Mā te pono	Honesty
Me te aroha e	and love will.

\*Mā wai rā is a song of welcome and can therefore be sung when hosting.



## He honore

He honore  
He kororia  
Maungārongo ki te whenua  
Whakaaro pai e  
Ki ngā tāngata katoa  
Ake ake, ake ake  
Āmine  
Te atua, te piringa  
Toku oranga

Honour  
Glory  
And peace to the land  
May good thoughts  
Come to all people  
Forever and ever  
Amen  
The lord is my refuge  
And my life

## Whakaaria mai

Whakaaria mai  
Tōu rīpeka ki au  
Tiaho mai  
Rā roto i te pō  
Hei kōnā au  
Titiro atu ai  
Ora, mate  
Hei au koe noho ai

Show  
your cross to me  
Let it shine  
there in the darkness  
To there I  
will be looking  
In life, in death  
Let me rest in thee





# Karakia

## Whakataka te hau

This is a traditional karakia that can be used at the start of a gathering or meeting.

Whakataka te hau ki te uru  
Whakataka te hau ki te tonga  
Kia mākinakina ki uta  
Kia mātaratara ki tai  
E hī ake ana te atakura

He tio, he huka, he hau hū

Tihei, mauri ora!

Cease the winds from the west  
Cease the winds from the south  
Let the breeze blow over the land  
Let the breeze blow over the ocean  
Let the red-tipped dawn come  
with a sharpened air  
A touch of frost, a promise of a  
glorious day  
The breath of life!



## Tukua te wairua

This is a traditional karakia that can be used at the start of a gathering or meeting.

Tukua te wairua kia rere ki ngā  
taumata  
Hai ārahi i ā tātou mahi  
Ma tā tātou whai i ngā tikanga a  
rātou mā  
Kia mau kia ita  
Kia kore ai e ngaro  
Kia pupuri  
Kia whakamaua

Allow one's spirit to exercise its  
potential  
To guide us in our work as well as  
in our pursuit of our ancestral  
traditions  
Take hold and preserve it  
Ensure it is never lost  
Hold fast  
Secure it

Kia tina! TINA! Hui e! TĀIKI E!

Draw together! Affirm!

## He honore

This is a Christian karakia that can be used at the start of a gathering or meeting.

Kia ĭnoi tātou

He hōnore he korōria ki te Atua

He maungārongo ki te whenua

He whakaaro pai ki ngā tangata

katoa

Let us pray

Honour and glory to God

Peace on Earth

Goodwill to all people

Pai mārire







## Unuhia

This is a traditional karakia that can be used at the end of a gathering or to close a meeting.

Unuhia, unuhia

Unuhia ki te urutapunui

Kia wātea, kia māmā

I te ngākau, te tinana, te wairua

I te ara takatū

E Rongo

Whakairia ki runga

Kia wātea, kia wātea

Ae rā kua wātea

Hau, pai mārire

Retreat and remove yourself  
from the activities you have  
participated in

To be free and unrestricted  
in mind, body, and spirit

On the path you now traverse

Balance, harmony and equilibrium

To be free and clear and released



## **Kia tau ki a tātou katoa**

This is a Christian karakia (2nd Corinthians, 13:14) that can be used at the end of a gathering or to close a meeting.

Kia tau ki a tātou katoa  
Te atawhai o tō tātou Ariki, a Ihu Karaiti  
Me te aroha o te Atua  
Me te whiwhingatahitanga  
Ki te wairua tapu  
Ake, ake, ake

Amine

May the grace of the Lord Jesus  
Christ  
and the love of God  
and the fellowship of the Holy  
Spirit be with you all  
Forever and ever

Amen



## **Auraki mai**

This is a contemporary karakia that can be used before eating food.

Auraki mai ngā kono  
Kei waenganui i a tātou  
He kai māku  
He kai māu  
He kai māna  
Tihei mauri ora

Bring your baskets of food  
To the middle of us  
There is food for me  
There is food for you  
There is food for all of us  
The breath of life

## **Whakapaingia ēnei kai (short version)**

This is a simple contemporary karakia for food.

Whakapaingia ēnei kai  
Mō mātou i tēnei rā  
Amine

Bless this food  
For all of us today  
Amen



## Whakapaingia ēnei kai (long version)

E te Atua

Whakapaingia ēnei kai

Hei oranga mō ō mātou tinana

Whāngaia hoki ō mātou wairua ki te  
taro o te ora

Ko Ihu Karaiti hoki tō mātou Ariki

Amine

Lord God

Bless this food

For the goodness of our bodies  
Feeding our spiritual needs also  
with the bread of life

Jesus Christ, Our Lord

Amen





## **Nau mai e ngā hua**

This is a simple karakia for food.

Nau mai e ngā hua  
o te wao  
o te ngakau  
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 o whiti whakamaua

Kia tina! TINA! Hui e! TĀIKI E!

Welcome the gifts of food  
from the sacred forests  
from the heart  
from the cultivated gardens  
from the sea  
from the fresh waters  
The food of Tane  
of Rongo  
of Tangaroa  
of Maru  
I acknowledge Ranginui above me  
Papatūānuku who lies beneath me  
Let this be my commitment to all!

Draw together! Affirm!