

Mō te ata, mō whakatūwhera i te hui  
Karakia for the morning and opening a meeting

## TĀKIRI KO TE ATA

**Tākiri ko te ata e  
Ki runga o Te Pae Maunga  
Hei tohu i te ara e  
Tēnā ka hora mai  
Hei tohu na Rangī e  
E puritia Papatūānuku  
Hei ara ngā nui  
Hei ara tangata nei e**

**Let the first light of dawn  
Settle upon the mountain ranges yonder  
To reveal the world  
Extended beyond me  
It is the glowing face of Rangī  
Embracing Papatūānuku  
To awaken life  
To awaken mankind**



**Hauora  
Taiwhenua**  
Rural Health  
Network

Mō te whakakapi i te hui  
Karakia for closing a meeting

## KIA TAU MAI TE MANAAKI

**Kia tau mai te manaaki  
O te wāhi ngaro  
Mai runga mai raro  
Mai roto mai waho  
Hui e! Taiki e!**

**Lay upon me the care  
Of the universal forces  
From above from below  
From the inner self to the outer self  
Let it be affirmed! Yes it is affirmed**



**Hauora  
Taiwhenua**  
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