

WHAKATAUKĪ (Proverbs)

1	Nā tō rourou nā taku rourou - ka ora ai te iwi.	With your food basket and my food basket the people will thrive
2	He aha te mea nui o te ao? He tangata! He tangata! He tangata!	What is the most important thing in the world? Tis man! Tis man! Tis man!
3	Manaaki whenua, manaaki tangata, haere whakamua	Care for the land, care for people, go forward.
4	Aroha mai, aroha atu.	Love received, love returned
5	He toa taumata rau	Bravery has many resting places
6	Toitū he whenua, whatungarongaro he tangata	The land is permanent, man disappears
7	Tōku reo tōku ohooho	My language, my awakening
8	Aroha mai, aroha atu	Love towards us, love going out from us
9	Kia mau koe ki ngā kupu o ou tūpuna.	Hold fast to the words of your ancestors.
10	Whāia e koe ki te iti kahurangi; ki te tūohu koe, me he maunga teitei.	Seek the treasure you value most dearly; if you bow your head, let it be to a lofty mountain. (Pursue excellence - should you stumble let it be to a lofty mountain)
11	Ahakoia he iti, he pounamu	Although it is small, it is greenstone (a small gift can be a treasure)
12	E iti noa ana, nā te aroha	Although it is small it is given with love.
13	Kaua e takahia te mana o te tangata	Do not trample on the mana of the people
14	Waiho mā te tangata e mihi	Let someone else acknowledge your virtues (Be modest)
15	Waiho i te toipoto, kaua i te toiroa	Let us keep close together, not far apart
16	Tōku toa, he toa rangatira	My bravery is inherited from the chiefs
17	Nōku te whenua, o ōku tūpuna	The land is mine, inherited from my ancestors.
18	He iti te toki e rite ana ki te tangata.	A little adze can do as much work as a man.
19	Kia mau ki tō Māoritanga.	Hold fast to your maori culture.
20	Mā te tini, mā mano, ka rapa te whai.	By many, by thousands, the work will be accomplished. (Many hands make light work)
21	Puraho māku, kei ngaure o mahi.	To catch fish you must place your basket in the water. (No work, no reward)
22	Kohia te kai rangatira, ruia te taitea.	Gather the good food, cast away the rubbish. (Adopt what is good and shun what is bad).
23	He wāhine, he oneone, i ngaro ai te tangata.	For women, for land, men die. (The two main causes of war)
24	Mā mahi, ka ora	By work we prosper
25	Mauri mahi, mauri ora - Mauri noho, mauri mate	Industry begets prosperity - Idleness begets poverty
26	Ka mate kāinga tahi, ka ora kāinga rua.	When one home fails, turn to the other one. (Have two strings to your bow) (Have two options)
27	Ka pū te ruha, ka hao te rangatahi.	The old net is cast aside while the new net goes a-catching. (Out with the old and in with the new)
28	E tipu, e rea, mō ngā rā o tōu ao Ko tō ringaringa ki ngā rākau a te Pākehā, hei orange mō tō tinana. Ko tō ngākau ki ngā taonga a ō tūpuna, hei tikitiki mō tō mähunga. Ko tō wairua ki te Atua, nāna nei ngā mea katoa.	Grow and branch forth for the days of your world Turn your hand to the tools of the Pakeha, for the well-being of your body. Turn your heart to the treasures of your ancestors, as a crown for your head. Turn your spirit to your God, from whom all things come.
29	Ehara taku toa i te toa takitahi, engari he toa takitini ke.	My strength does not come from me alone but also from others. (Cooperation of many can bring best results)
30	He rau ringa e oti ai.	With many hands the job will be finished.
31	Hui tātou ka tū. Wehewehe tātou ka hinga.	United we stand. Divided we fall.
32	Kia ngātahi ai te tū, e pakari ai te tuarā.	Stand united, stand strong.
33	Whakapūpūtia mai ō mānuka, kia kore ai e whati.	Cluster the branches of the mānuka, so they will not break. (Unite with a basic philosophy and know which direction to go).

34	Te wahine i te ringaringa me te waewae kakama moea. Te wahine i te ngutungutu whakarērea atu.	Marry the woman who is nimble with her hands and feet. Forsake the one who is gossipy.
35	Te tīmatanga o te matauranga ko te wahangū, te wāhanga tuarua ko te whakarongo.	The first stage of learning is silence, the second stage is listening.
36	Titiro whakamuri hei ārahi i ngā uaratanga kei te kimihia.	Look to the past for guidance and seek out what is needed.
37	Mā te tika o te toki o te tangere, me te tohu o te panaho, ka pai te tere o te waka i ngā momo moana katoa.	By designing and shaping the keel of the waka to perfection, your canoe will overcome obstacles.
38	Āta tirohia te ngaro nui te ngaro roa, te ngaro paewhenua.	Analyse critically the gigantic wave, the long wave, the shoreward wave.

KARAKIA (Prayers)

1	TE INOI KI TE ARIKI E tō mātou Matua i te rangi Kia tapu tō ingoa Kia tae mai tōu Rangatiratanga Kia meatia tāu e pai ai ki runga ki te whenua Kia rite anō ki tō te rangi Homai ki a mātou āiane he taro mā mātou mo tēnei rā. Murua ō mātou hara me mātou hoki e muru nei i o te hunga e hara ana ki a mātou Aua hoki mātou e kawea kia whakawaia Engari whakaoranga mātou i te kino Nōu hoki te rangatiratanga Te kaha me te korōria Āke Ake Ake Āmine	THE LORD'S PRAYER Our Father who art in Heaven Hallowed be thy name Thy kingdom come Thy will be done on earth as it is in Heaven Give us this day our daily bread And forgive us our trespasses As we forgive those who trespass against us And lead us not into temptation But deliver us from evil For thine is the kingdom the power and the glory For ever and ever Amen
2	KARAKIA Kia tau ki a tātou katoa Te atawhai o tō tātou ariki a Īhu Karaiti Te aroha o te Atua Me te whiwhingā tahitanga ki te Wairua tapu Āke ake Āmine	PRAYER Bestow upon us all The grace of our lord Jesus Christ The love of God And the fellowship of the holy spirit Now and for ever Amen
3	KARAKIA E te Atua Tēnā koe mō ngā painga O tēnei rā Āmine	PRAYER O Lord Thank you for the blessings Of this day Amen
4	KARAKIA He hōnore He korōria ki te Atua He maungārongo ki te whenua He whakaaro pai ki ngā tāngata katoa Āmine	PRAYER Honour And glory to God Peace on Earth And goodwill to man Amen
5	KARAKIA MO TE KAI E te Ariki Whakapainga ēnei kai Hei oranga mō ō mātou tinana Ko koe hoki tō mātou kaiwhakaora Āmine	GRACE O Lord Bless this food As sustenance for our bodies You are also our saviour Amen