

15. HEI KONEI E TE ARIKI



Hei konei e te Ariki
Manaakitia mai ēnei kai
Hei ora mō te tinana
Kia mahi anō ki a koe
Āmine

*Draw close our Lord
And bless this food
This food that sustains us
So that we may do your work
Amen*

.....

This karakia (prayer) used before meals has been set to a traditional hymn melody. It can be used as a karakia before lunch or in a shared kai setting in the classroom, in the syndicate, or school-wide. This waiata can be used to help build knowledge about karakia and how and when they are used. Encourage students to find out about karakia from their own cultures or iwi. As a class, learn a karakia that is specific to your local area and decide when to use it.

Develop practice activities so the students can memorise this karakia.

Add words to the ngā kupu hou chart. Use the tikanga/uara chart to discuss manaakitanga in the context of this karakia.

The following whakataukī is about sharing food, and it can be used to discuss the custom of manaakitanga (hospitality) and shared responsibility for the well-being of visitors:

Nāu te rourou, nāku te rourou, ka ora te manuhiri.
With your food basket and my food basket, the guests will be fed.

The song sheets for all waiata and haka are at the back of this book.