



Karakia mō te Kai

Let us pause to reflect...

*In a world where so many are hungry,
may we eat this food with humble hearts;*

*in a world where so many are lonely,
may we share this food in friendship,
with joyful hearts;*

and fondly remember those who cannot be here.

*Go forward with kindness and compassion to support
others.*

Kia anga atu o tātou ngākau ki te ao

Ki te hunga e hiakai ana

Ka kaingia te kai nei, i te ngākau māhaki

Kia anga atu o tātou ngākau ki te ao

Ki te hunga e noho mokemoke ana

Ka kaingia te kai nei, i te whanaungatanga

He ngākau hari

Ka maharatia rātou e tamō ana

Māke i te aroha mutunga kore ki a rātou

Let us pause to reflect...

*As we come together to share this meal,
let us pause to appreciate our good company;
And to thank all those past and present,
whose efforts have made this time possible.*

*And as we reap the fruits of the earth,
and take joy in the bounties of nature;
let us make a wish that some day
all people on Earth may enjoy
the same good fortune that we share.*

*Go forward with kindness and compassion to support
others.*

***Kia anga atu o tātou ngākau
Ki te kotahitanga e pae nei
Ka anga atu i te maringanui
Kia mihiā te onamata ki te inamata
Te hunga i para i te ara
Kia whiwhia, kia rawea
Ngā hua o te whenua
Tōminatia, whakatinanahia
Ngā iwi katoa o te ao
Ka whiwhia, ka rawea ngā hua nei
Māke i te aroha mutunga ki a rātou***

