

# **He Karakia mō te Kai**

Mai i te Hāhi Mihingare

**E te Ariki**

**Whakapainga 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.**

**Āmine**