

#Tiakina Tō Whakapapa

Mehemea kei te māuiui koe,
kei te rewharewha, kei te hēmanawa,
kei te mamae tō korokoro,
kei te mate kirikā rānei —

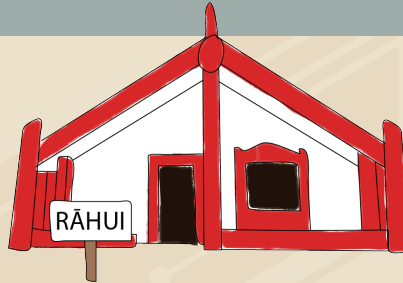
waea atu ki te Waea Hauora
0800 358 5453



Tikanga

He aha te mea nui ō tēnei āo.
He Tangata, He Tangata,
He Tangata.

Me whakahāngai ā tātou
tikanga ki te horopaki o te wā.
Kia whai hua ora ā tātou
tikanga e ora ai tātou. Kia
matāra tātou i tēnei wā kia
mau ki te tapu me te noa, he
oranga te mutunga iho.



Marae

Ko te Marae te panapana o te
manawa o te hapū - The Marae is the
heartbeat of the hapū.

Mō te nuinga o tātou ko te Marae te
huihuinga o tō tātou hapori.

Kua katia katoatia ngā Marae i tēnei wā
o te rāhui Pae 4.

Me whai whakaaro ki te tuku karere
mō ēnei katinga me te whai pānga ki
ngā tangihanga.

Tuku Mauri

Homai to poho hei piringa
whānaungatanga mai i tawhiti

Me tūhono tonu tātou ki a tātou me te
aroa mai tawhiti.

Tonoa tētahi o ngā tamariki o te
whānau ki te whakarite rōpū whānau
pāpāho pāpori hei ritenga
whakawhanaungatanga.

Mā te waea, mā te reo-ataata rānei koe
e piri tonu ai ki ō hoa, ki tō whānau
hoki.



Te Takatū Tikanga

Puritia ā tātou tikanga
i te ao taurangi nei



Karakia

He mea nui te karakia hei tikanga
oranga tangata, oranga whānau anō
hoki.

Kawea tonutia tēnei tikanga i o
tātou ake kāinga.

Ka tuarihia ā tātou karakia me te
rongo wairua rānei mā te pae pāpāho
pāpori.



Hui-ā- whānau

Whakakorea katoatia ngā hui ā
whānau, hura kōhatu, mārena, huri
tau kia hiki rā anō te rāhui noho
mohao.

Ki te aro kore ki ēnei tikanga
haumarū, ka kūmea kia roa ake te
rāhui, ka piki anō hoki ngā mate
Korona-19.

Tangihanga — haere tōtika ki te urupā

I tēnei wā anō o te Pae Mataara 4,
ka puare tonu ngā whare tūpāpaku,
engari kāore e whakaaetia kia kawea ngā
tangihanga ki runga marae, kia kawea
rānei ngā karakia tuku tūpāpaku..

He mea rerekē, he tino taumaha hoki
tēnei mō te Māori. Heoi nā te wetiweti o
te pānga mai o te Korona-19, ka puritia
pea ētahi tūpāpaku, ka tahuna wawetia,
ka nehua wawetia rānei me te kore o te
whānau ki reira. Mō muri kē
poroporoakitia ai. Kāti, mehemea e pai
ana kia puritia te tūpāpaku, me te āhei ki
te pupuri i taua rohe, ka pērā, kia hīkina rā
anō te rāhui, kātahi ka tangihia.



Mā tātau
katoa e
ārai atu te
COVID-19