

# Ngā Waiata me Ngā Himene Pukapuka

A Resource Book containing  
Māori Songs and Hymns



# Ngā Rāranga Kōrero

## *Contents*

|                                |    |                           |    |
|--------------------------------|----|---------------------------|----|
| Mihimihi.....                  | 3  | Ngā Puawai O Ngāpuhi..... | 15 |
| Whakamōhio / Introduction..... | 4  | Ngā Whakamoemiti.....     | 16 |
| Aue Te Aroha (Moe Ruha).....   | 5  | Pā Mai.....               | 16 |
| Auē Te Aroha (Nau Mai).....    | 5  | Pōkarekare Ana.....       | 17 |
| E Hara I Te Mea.....           | 6  | Purea Nei.....            | 18 |
| E Karakia O Te Atua.....       | 6  | Putiputi Kaneihana E..... | 18 |
| E Minaka.....                  | 7  | Tai Aroha.....            | 19 |
| E Ngā Iwi.....                 | 7  | Taku Rakau.....           | 19 |
| E Te Ariki.....                | 7  | Tama Ngākau.....          | 20 |
| E Toru Ngā Mea.....            | 8  | Te Aroha.....             | 20 |
| Hareruia.....                  | 8  | Te Atua.....              | 20 |
| He Honore.....                 | 8  | Te Hokinga Mai.....       | 21 |
| Haka Pōwhiri.....              | 9  | Toro Mai.....             | 21 |
| Hoki Hoki.....                 | 10 | Tūtira Mai.....           | 22 |
| I Taku Tūranga Ake.....        | 10 | Wairua Tapu.....          | 22 |
| Ka Pioioi.....                 | 11 | Whakaaria Mai.....        | 23 |
| Karanga E Te Iwi E.....        | 11 | Whakataka Te Hau.....     | 23 |
| Ka Titiro.....                 | 12 | Whakataurangi Ake.....    | 24 |
| Ka Waiata.....                 | 12 | Whiti Te Mārama.....      | 24 |
| Kia Tau.....                   | 13 |                           |    |
| Ko Tēnei Te Wā.....            | 13 |                           |    |
| Māku.....                      | 13 |                           |    |
| Ma Te Kahukura.....            | 14 |                           |    |
| Mā Te Mārie A Te Atua.....     | 14 |                           |    |
| Nau Mai.....                   | 15 |                           |    |

# Key

| Abbreviation | Description                                                                                                                                                                                |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| All          | Waiata for any occasion / rohe                                                                                                                                                             |
| B            | Waiata for Rā Whānau (Birthday)                                                                                                                                                            |
| A/C          | Waiata for an Award Ceremony / Graduation                                                                                                                                                  |
| M            | Waiata for a Hui (Meeting)                                                                                                                                                                 |
| P            | Waiata for a Pōwhiri                                                                                                                                                                       |
| W            | Waiata for a Whakataū                                                                                                                                                                      |
| T            | Waiata for a Tangihanga (excluding the actual Nehu/Funeral)                                                                                                                                |
| N            | Waiata for a Nehu (Funeral)                                                                                                                                                                |
| HK           | Waiata for a Hura Kōhatu (Unveiling)                                                                                                                                                       |
| TT           | Waiata for Taitokerau rohe (Northland)                                                                                                                                                     |
| TM           | Waiata for Tāmaki Makurau rohe (Auckland)                                                                                                                                                  |
| K            | Waiata for Kirikiriroa rohe (Midlands)                                                                                                                                                     |
| O            | Waiata for Ōtautahi rohe (South Island)                                                                                                                                                    |
| Ack          | Waiata sung to acknowledge a specific group, for example: <ul style="list-style-type: none"> <li>• Ringawera Hau Kāinga (Kitchen Hosts)</li> <li>• Kaumatua</li> <li>• Manuhiri</li> </ul> |

# Mihimihi

E mihi tēnei ki a koutou mā, e pīrangī ana ki te mōhio ki ngā kaupapa i raro ake nei. Ko te tūmanako kia whānui ake o koutou mātauranga i te mutunga ia koutou tiroirohanga i ēnei kaupapa.

Ko te tino kaupapa o tēnei pukaiti rauemi nō Te Roopu Taurima (TRT) ko te whakaatu i ngā kupu mō ngā waiata Māori me ngā himene ki ngā kaimahi, ngā tāngata, ngā whānau, ngā manuwhiri/manuhiri me ētehi atu tāngata.

*Greetings to you all that have a desire to learn from these writings. We hope that after reading through this resource booklet you have a better understanding of certain areas of tikanga Māori that will support you throughout your journey.*

*The development of this Te Roopu Taurima (TRT) resource booklet serves a purpose of providing the words to common waiata (songs) and himene (hymns) for kaimahi (staff), tangata (people we support), whānau (families), manuwhiri/manuhiri (guests to TRT) and others.*

# Whakamohio

## Introduction

This resource booklet will form part of a series of TRT tikanga resources, which will be provided in printed format and available to access on the TRT website, [www.terooputaurima.org.nz](http://www.terooputaurima.org.nz).

Each waiata in this booklet has been labelled as per the 'key' on page 3. The code will determine when the waiata is best used and whether it can be sung at:

- All Occasions / Regions
- Pōwhiri
- Whakatau
- Tangihanga
- Nehu (Funeral)
- Hura Kōhatu (Unveiling)
- Birthday
- Award Ceremony and/or Celebration
- Meeting
- Useful and/or sung in more so in a specific region

If you have any questions or feedback about this resource please let us know by emailing us on [info@terooputaurima.org.nz](mailto:info@terooputaurima.org.nz), and inserting your subject line as **'Waiata and Himene Resource Book Feedback'**.

## Aue Te Aroha (Moe Ruha)

**Waiata appropriate for: All**

Auē te aroha i ahau, au  
 Auē e te iwi e (hī, hī, hī hā)  
 E te iwi Māori puritia kia mau,  
 Utaina ki runga i te waka o te ora  
 Ka hoe ai ki te tauranga.

*Oh the love I have  
 For you my people  
 Hold fast to your beliefs  
 and bring them forward into a new life  
 so that we can seek all that is bountiful.*

Ko te kupu a te Kaiwhakaora,  
 A Hehu tino aroha (hī, hī, hī hā)  
 Wetewetekia atu ngā ururua  
 E te hunga e mamae ana  
 Ka aru mai ai i ahau.

*This is the word of the Creator  
 The loving Jesus:  
 "Cast away all that is bad  
 So that those once deprived  
 can now follow me."*

E te iwi whakarongo ake rā,  
 Ki te reo e karanga mai nei  
 Whaia kia mau te kotahitanga  
 He mea paihere nā te Rangimārie  
 Kia mau ai te Rongopai.

*Listen you my people  
 To the voice calling:  
 "Pursue the unity of the spirit  
 and combine it with peace  
 so that the good news reigns."*

## Auē Te Aroha (Nau Mai)

**Waiata appropriate for: P, W**

Auē te aroha auē te aroha!  
 Ka rere atu nei taku reo powhiri  
 Nau mai haere mai  
 Ko Te Roopu Taurima, e mihi atu nei  
 kia koutou e!

*Alas the love, alas the love  
 Our welcome will spread out  
 Welcome to everyone  
 Te Roopu Taurima we greet you all*

Piki mai kake mai  
 Homai te waiora kia tātou e!  
 Tihei mauri, mauri ora e ngā iwi e.  
 Auē te aroha..... (auē te aroha)  
 Auē te aroha..... (auē te aroha)

*Climb, climb  
 and give us all good health  
 Sneeze of life-claim the right to speak  
 Alas the love! Alas the love  
 Alas the love! Alas the love*

## E Hara I Te Mea

Waiata appropriate for: All

E hara i te mea  
Nō nāianeī te aroha  
Nō ngā tupuna  
I tuku iho, i tuku iho

*It is not a new thing  
Now that is love  
Come from the ancestors  
Handed down through the passages of time*

Te whenua, te whenua  
Hei oranga mō te iwi  
Nō ngā tupuna  
I tuku iho, i tuku iho

*The land, the land  
Is the life of the people  
Comes from the ancestors  
Handed down through the passages of time*

Whakapono, Tumanako  
Te aroha, te aroha  
Nō ngā tupuna  
I tuku iho, i tuku iho

*Faith and hope  
Love to the people  
Comes from the ancestors  
Handed down through the passages of time*

## E Karakia O Te Atua

Waiata appropriate for: All

### Lord's Prayer

E tō mātou Matua i te rangi  
Kia tapu tōu ingoa  
Kia tae mai tōu rangatiratanga  
Kia meatia tau e pai ai  
ki runga i te whenua  
kia rite anō ki tō te rangi.  
Homai ki a mātou aianei  
he taro mā mātou mō tēnei ra.  
Murua ō mātou hara  
Me mātou hoki e muru nei  
i ō te hunga e hara ana ki a mātou.  
Aua hoki mātou e kawea kia whakawaia  
Engari whakaorangia mātou, i te kino  
Nōu hoki te rangatiratanga  
te kaha, me te kororia  
Ake, ake, ake  
Āmine.

*Our Parent in the spirit world  
Sacred is your Name  
Bring us your chiefly rule  
May it happen in the way that is to you, good  
may it happen on earth  
As the same way as in the spirit world.  
Give us now  
the food we need this day.  
Strip us of our sins;  
Give us back what we have lost  
so that we, the slaves of sin, may be with you.  
Do not lead us into temptation  
May we be whole, away from things evil;  
Through your chiefly position, is  
the power and the glory  
Forever and ever  
Amen*

## E Minaka

Waiata appropriate for: M, Ack, A/C

Kia kaha tātou ki te (HI!) kōrero Māori  
E minaka ana taku waha  
Ki te kai a te rangatira  
Taku reo rangatira  
Taku kuru pounamu tuku iho

*Let us be strong in speaking Māori*

Miharo kē ana  
Ki tōna pakari kia ora  
Tē memeha, te wairua  
ki te kōrero Māori

*I desire that  
my talk be like that of a leader  
my noble language  
my precious inheritance*

Ki kaha tātou ki te.... kōrero Māori!

*Let us be strong in speaking Māori!*

## E Ngā Iwi

Waiata appropriate for: P, W

E ngā iwi  
Whakarongo mai rā  
Ko Te Roopu Taurima e mihi ana  
Kia koutou kua tae mai  
I tēnei rā  
Auē – piki mai kake mai rā.

*To the people  
Listen to us  
Te Roopu Taurima is speaking  
To greet you all who have arrived  
This day  
Welcome, welcome on this day.*

## E Te Ariki

Waiata appropriate for: All

### E te Ariki

*Whakarongo mai rā kia mātou e te Ariki  
Titiro mai rā kia mātou  
Ānei mātou ō tamariki, e Whakapono ana  
mātou kia koe  
Auē – auē  
Te matua te tamaiti, wairua tapu e  
Te matua te tamaiti, wairua tapu e  
Te matua te tamaiti, wairua tapu e.*

*Oh Lord, Listen to us  
Oh Lord, Look at us  
This is us, your children, we believe, in you*

*The Father The Son and the Holy Spirit  
The Father The Son and the Holy Spirit  
The Father The Son and the Holy Spirit*

## E Toru Ngā Mea

Waiata appropriate for: All

|                |                              |
|----------------|------------------------------|
| E toru ngā mea | <i>There are three gifts</i> |
| Ngā mea nūnui  | <i>Of great importance</i>   |
| E ki ana       | <i>According to</i>          |
| Te Paipera     | <i>The Bible</i>             |
| Whakapono      | <i>Truth</i>                 |
| Tūmanako       | <i>Desire</i>                |
| Ko te mea nui  | <i>And greatest of all</i>   |
| Ko te Aroha    | <i>Is love</i>               |

## Hareruia

Waiata appropriate for: All

### Hallelujah

|                              |                                                    |
|------------------------------|----------------------------------------------------|
| Ka koingo ka mahara          | <i>Will be there</i>                               |
| Ki te mauri o te Atua        | <i>Remember in God's name</i>                      |
| E te kamaka e te kaiwhakaora | <i>Is the rock and the redeemer</i>                |
| Ka hahana te manawa          | <i>Will offer the power of the crying crystals</i> |
| Ki te ihi karanga ranga      | <i>My good who promises the psalms</i>             |
| Kei toku Atua e hareruia     | <i>It is my God hallelujah</i>                     |
| Hareruia Hareruia Hareruia   | <i>Hallelujah, hallelujah, hallelujah</i>          |

## He Honore

Waiata appropriate for: All

|                          |                               |
|--------------------------|-------------------------------|
| He honore, he korōria    | <i>Honor, glory</i>           |
| Maungarongo ki te whenua | <i>Peace on earth</i>         |
| Whakaaro pai e           | <i>Goodwill</i>               |
| ki ngā tāngata katoa     | <i>to all peoples</i>         |
| Ake ake ake ake, Āmine   | <i>Forever and ever. Amen</i> |
| Te Atua, Te Piringa,     | <i>The Lord, the shelter</i>  |
| Toku oranga.             | <i>my existence.</i>          |

## Haka Pōwhiri

Waiata appropriate for: All

|                      |                                       |
|----------------------|---------------------------------------|
| Hei runga! Hei raro! | <i>Ah. Haul it! Drag it here!</i>     |
| Hi Ha Hi             | <i>The canoe</i>                      |
| A Toia mai           | <i>To the entry</i>                   |
| I te waka            | <i>The canoe</i>                      |
| Kumea mai            | <i>To the berth</i>                   |
| I te waka            | <i>The canoe</i>                      |
| Ki te urunga         | <i>To its resting place</i>           |
| I te waka            | <i>The canoe</i>                      |
| Ki te moenga         | <i>To its abiding place</i>           |
| I te waka            | <i>The canoe</i>                      |
| Ki te takotoranga    | <i>To the place where it will lie</i> |
| Takoto ai te waka    | <i>Set it down the canoe</i>          |
| Hī! (hold)           | <i>Yeah (hold)</i>                    |

|                             |                                             |
|-----------------------------|---------------------------------------------|
| A tena i ruia               | <i>Shake to and fro</i>                     |
| Ko te iwi Maori             | <i>This is the iwi Maori</i>                |
| E ngunguru nei              | <i>rumbling here</i>                        |
| Au au aue ha                | <i>so be aware</i>                          |
| Ko te iwi Maori             | <i>This is the iwi Maori</i>                |
| E ngunguru nei              | <i>rumbling here</i>                        |
| Au au aue ha                | <i>so be careful</i>                        |
| Ka mate! Ka mate!           | <i>It is death! It is death!</i>            |
| Ka ora! Ka ora!             | <i>It is life! It is life!</i>              |
| Ka mate! Ka mate!           | <i>It is death! It is death!</i>            |
| Ka ora! Ka ora!             | <i>It is life! It is life!</i>              |
| Tenei te tangata puhuruhuru | <i>This is the hairy man</i>                |
| Nana i tiki mai             | <i>Who fetched the sun</i>                  |
| Whakawhiti te ra!           | <i>And caused to shine again</i>            |
| Hupane hupane               | <i>One upward step, another upward step</i> |
| Hupane kupane               | <i>An upward step</i>                       |
| Whiti te ra!                | <i>The sun shines!</i>                      |
| Hī!                         | <i>Rise!</i>                                |

## Hoki Hoki

### Waiata appropriate for: All

Hoki hoki tonu mai  
Te Wairua o te tau  
Ki te awahi reinga  
Ki tēnei kiri e (x2)

*Oft returns  
The spirit of my loved one  
For a spiritual embrace  
With me, with me*

## I Taku Tūranga Ake

### Waiata appropriate for: TT

I taku tūranga ake  
I roto i tēnei whare  
Ka turatura ki te rau  
O te aroha e

*As I stand  
Within this house  
I am overcome  
Captured in grief*

(Kōrihi)  
Taimaha i rukiruki  
Te tinana i te aroha  
E kore rawa e tū tika  
I taimaha e

*(Chorus)  
My body  
So heavy with sadness  
I may never stand  
Beneath such weight*

Ko te here o te aikiha  
E taea te wetewete  
Ko te here o te aroha  
E mau roa e  
(Kōrihi anō)

*A knot in the handkerchief  
Can come undone  
But the knot of love  
Will remain steadfast  
(Chorus again)*

Roimata i māturuturu  
I taku tirohanga ake  
He manawa i hotu  
He nui nō te aroha e  
(kōrihi anō)

*Tears come streaming down  
At this sight before me  
Breathless with sobbing  
Caused by much grief  
(Chorus again)*

## Ka Pioioi

### Waiata appropriate for: Ack, A/C, M

(Ka pīopio e tohu aroha hau kainga)  
(E hoki mai rā) E hoki mai rā kia kite atu e tō  
iwi e  
(E rotarota ana) E rotarota ana, e katakata  
ana mai rā  
(Pūkana whētero) Pūkana whētero mai te ihi  
a ō matua  
(Kia kite atu anō) Kia kite atu anō I tō ataahua  
ai kanapa  
(Pupuhi ai e) Pupuhi ai e te hau kapohia aku  
roimata  
(Ka pīopio) Ka pioioi he tohu aroha hau  
kāinga

*This swaying dance shows the love  
of your home town people  
You've come back home, to see your people  
There is gesturing and laughing with joy  
at your return,  
Eyes popping and tongues thrusting  
from the energy of those performing  
I see again your beauty gleaming there  
caressed by the wind  
And my tears are snatched away,*

*This fluttering dance shows the  
home town people's love*

## Karanga E Te Iwi E

### Waiata appropriate for: P, W, Ack

Te Roopu Taurima  
e karanga e te iwi e  
kua eke mai nei  
ki runga te marae e  
Mauria mai rā  
i ngā mate o te motu e  
me ngā tini roimata  
e maringi whānui e

*Te Roopu Taurima  
welcomes the visitors  
who have arrived  
on this marae  
Bring hither  
the departed of our island  
and copious tears  
flowing free*

Titiro e ngā iwi  
i ngā mahi o te motu  
e hora ake nei e  
Rū ana te whenua  
whatiwhati te moana  
Auē te aroha  
te mamae i ahau e

*Turn to the people  
admire their work across the land  
here now displayed  
The land quakes  
the sea breaks  
Alas the sorrow  
and heart-ache within*

## Ka Titiro

Waiata appropriate for: TT

### Te Aupouri

Ka titiro atu au  
Ki te reme mehe kapua  
Hei whakamaharahara I ēnei rā

*When I gaze at the heavens  
To the lands of Godlike they are clouds  
It reminds me of these times*

He kuāka mārangaranga  
Kotahi te manu i tau  
Tau atu ki te tahuna  
Tau atu tau atu e

*A single godwit in flight  
Will land on a sand bank  
It will be followed by others*

Keria he waikeri  
Kia puta ki te Reinga  
He waikeri rerenga  
Roimata e

*If we should dig a drain  
Through to Te Reinga  
It will be a drain that will carry  
Our tears to Te Reinga*

He tangata kē koutou  
He tangata kē mātou  
I roto i tēnei whare  
Tātou tātou e!

*You are one people  
We are one people  
But under the shelter of this whare  
We are one together*

## Ka Waiata

Waiata appropriate for: All

Ka waiata ki a Maria  
Hine i whakaae  
Whakameatia mai  
He whare tangata

*Let us sing to Mary  
The girl who said "yes"  
Let it be as you say,  
The house of mankind*

Hine pūrotu  
Hine ngākau  
Hine rangimārie

*A simple girl  
A strong-hearted girl  
A quiet girl*

Ko te whaea  
Ko te whaea  
O te ao

*The mother of Jesus  
And the mother  
of the whole world*

## Kia Tau

Waiata appropriate for: All

Kia tau ki a tātou katoa te atawhai  
O to tātou Ariki a Ihu  
Karaiti  
Me te aroha o te Atua  
Me te whiwhinga tahitanga ki te  
Wairua tapu - ake ake  
Āmine

*May we all join peacefully  
Through the love and support of our  
Lord Jesus Christ.  
And the love of God.  
And the unity as one through  
the holy spirit.  
Amen*

## Ko Tēnei Te Wā

Waiata appropriate for: All

Ko tēnei te wā  
Ka waiata ahau  
Ka waiata ki a Ihu  
Ko tēnei te wā  
Ka inoi ahau  
Ka inoi ki te ariki  
Waiata - Arohanui  
Waiata - Arohanui  
Waiata - Arohanui  
Ki Te Ariki

*This is when  
I sing  
Sing to Jesus  
This is when  
I pray  
Pray to the lord  
Sing- with great desire  
Affection  
And love  
To the Lord*

## Māku

Waiata appropriate for: Ack

Māku e mihi atu  
Kia koutou te iwi Māori  
Nō reira, tēnei te mihi  
kia koutou, kia ora rā

*My admiration goes  
to you Māori people  
And so this is my wish  
may you have a healthy happy life*

Ka tangi te manu tī oriori  
Ka tangi te ngākau tangata  
Nō reira, tēnei te mihi  
kia koutou, kia ora rā

*Like the chant of the bird crying out  
The heart of the people cries out  
And so this is my wish  
may you have a healthy happy life*



## Ma Te Kahukura

Waiata appropriate for: TT, N, HK

### Te Aupouri

Rere tōtika rere pai  
Rere runga rawa e

*Fly straight and true  
Soar up high*

Mā te kahukura ka rere te manu  
(Mā ngā huruhuru e)  
Ka rere koe  
(Rere runga rawa rā e)  
Kua tae atu koe ki te taumata  
Whakatau mai rā e.

*A bird has to have feathers to fly  
(many feathers)  
You will fly  
Soaring high above  
You have reached the summit  
Welcome*

Mau ana taku aroha  
Whai ake I ngā whetū...  
Rere tōtika rere pai  
Rere runga rawa e

*My love lasts forever  
Right up to the stars  
Fly straight and true  
Soaring high up to the heavens*

## Mā Te Mārie A Te Atua

Waiata appropriate for: All

Mā te mārie a te Atua  
Tātou katoa e tiaki  
Māna anō e whakaū  
O tātou ngākau ki te pai

*The peace of God  
Keep us all  
He will confirm our  
Hearts in goodness*

Mā te Atua tamaiti rā  
Mā te wairua, tapu hoki  
rātou, Atua kotahi nei  
Tātou katoa e whakapai

*May the son God  
And the holy spirit  
Too, one God  
Bless us all.*

## Nau Mai

Waiata appropriate for: P, W

Nau mai piki mai  
E ngā iwi e  
Ngā reo ngā mana  
Tēnā rā koutou katoa

*Welcome, welcome  
Everyone,  
Representatives, leaders  
Greetings to you all.*

Anō te pai me te āhua reka  
Whakaaro tahi o te katoa  
(Rpt v.1)

*It is so good, so pleasant  
to all think as one*

## Ngā Puawai O Ngāpuhi

Waiata appropriate for: TT

Whakarongo mai ki te reo e tangi nei  
e ringihia mai ana  
mai i aku kamo, ngā roimata e

*Listen to the voice that is crying out  
and see pouring out  
from my eyes the tears*

Whiti mai te rā, ngaro ana te mamae  
ngaro noa te pōuri  
Kaua e mauriri, ānei anō he rā

*But as the sun shines the pain disappears and  
the sadness falls way  
Don't hold any anger for this is another day*

Maranga mai e te iwi  
O ngā hapu Ngāpuhi  
kia mau, kia ū, kia pupuri ai  
i ngā ākoranga nui

*Rise up all of you  
of the sub tribes of Ngāpuhi  
and hold firmly and securely and forever  
to the great teachings*

Takahia te ao, ka kitea te iwi,  
e tū tangata mai tātou  
ngā uri o rātou, kua mene  
ki te pō

*As you travel the world it will be seen by all  
That we are people who stand proud  
we, the descendants of those who have been  
lost to the night*

Tēnei te mihi ki ngā kaiawhina e  
Ki ngā whaea, ngā mātua  
Ānei rā ko ngā hua  
E puawai ana ee

Maranga mai.....

## Ngā Whakamoemiti

### Waiata appropriate for: All

Ngā whakamoemiti  
Whakawhetai e Ihu e  
Mō āu manaakitanga  
Ki te iwi e tau nei  
Ko koe te piringa  
Ka puta ki te oranga  
E te Ariki, paimārie!

*Our many thanks  
To you Lord  
for all thy blessings  
on those gathered here  
you are the one that will bring us together  
and show us a better life  
Lord, everlasting peace*

## Pā Mai

### Waiata appropriate for: All

Pā mai tō reo aroha  
Ki te pae o Taurima  
E ngā iwi o Aotearoa  
Haere mai, haere mai

*Your language of love reaches  
The town of  
People of New Zealand  
Welcome, welcome*

Titiro ki ngā hoia kua wehe nei  
Auē, te aroha me te mamae!  
Tahi miti toru e  
Tae i te marumaru  
Whare tapu teitei  
I te ao korowhiti

*See the soldiers departed hence  
Alas, pain and sorrow  
(One weapon, now three  
Protecting  
The sacred lofty house  
throughout the world)*

E ngā iwi o Aotearoa  
Kia kaha kia manawanui!

*People of New Zealand  
Be strong be patient!*

## Pōkarekare Ana

### Waiata appropriate for: All

Pōkarekare ana  
Ngā wai o \_\_\_\_  
Whiti atu koe e hine  
Marino ana e

*Troubled  
Are the waters of  
Cross over dear maiden  
And they will calm*

E hine e  
Hoki mai rā  
Ka mate ahau  
I te aroha e

*Darling  
Return to me  
I am smitten  
By love*

E kore te aroha  
E maroke i te rā  
Mākūkū tonu  
I aku roimata e

*My love will never  
Dry in the sun  
But be ever moistened  
By my tears*

Tuhituhi taku reta  
Tuku atu taku rīngi  
Kia kite tō iwi  
Raruraru ana e

*I would write a letter  
And return this ring  
That your people may see  
How troubled I am*

Kua whati taku pene  
Kua pau aku pepa  
Ko taku aroha  
Mau tonu ana e

*My pen is broken  
I am out of paper  
But my love  
Endures.*

## Purea Nei

Waiata appropriate for: All

Purea nei, e te hau  
Horoia, e te ua  
Whiti-whiti-a e te rā  
Māhea ake ngā  
Pō-raruraru  
Mākere ana, ngā here

*Scattered by the wind  
Washed by the rain  
And transformed by the sun,  
All doubts are swept away  
And all restrains are cast down*

E rere wairua, e rere  
Ki ngā ao o te rangi  
Whiti-whiti-a,e te rā  
Māhea ake ngā  
Pō-raruraru  
Mākere ana ngā here  
Mākere ana ngā here

*Fly oh free spirit, fly  
To the clouds in the heavens,  
Transformed by the sun,  
With all doubts swept away  
And all restrains cast down  
Yes, all restrains are cast down*

## Putiputi Kaneihana E

Waiata appropriate for: All

Putiputi kaneihana e  
māku koe e katohia  
mehemea ko koe  
taku tau pumau  
piri rawa ki tō uma (x2)

*So like a pretty carnation  
I will pluck you  
if you were  
my true one  
I would hold you to this breast (x2)*

## Tai Aroha

Waiata appropriate for: All

Ko te aroha anō he wai  
E pupū ake ana  
He awa e māpuna mai ana  
I roto i te whatu-manawa (x2)

*Love is like water  
Continually bubbling up  
A river that will keep flowing  
From within the very seat of the emotions*

Ko tōna mātāpuna he hōhonu  
Ā inā ia ka rere anō (x2)  
He tai timu, he tai pari  
He tai ope, he tai ora  
He tai nui (repeat)

*From a very deep source  
It will keep on rising  
A ebb tide, an incoming tide  
A forceful tide, a long-lasting tide  
A full tide*

## Taku Rakau

Waiata appropriate for: T, N, HK, M

Tuhoe

Taku rakau e  
Tau rawa ki te whare  
Ka ngaro a Takahi ē  
Te whare o te kahikātoa  
Hei ngau whakapae – ē  
Hei whakapae ururoa e hau mai nei  
Kei waho kei te moana  
Kāore aku mihi – ē  
Aku tangi mō koutou  
Mau puku ko te iwi – ē  
Ka mōwai tonu te whenua  
E takoto nei

*I have put my weapon away  
Footsteps no longer heard  
The house of the red manuka  
Protects me  
Shielding against ill-winds  
That blow from the sea  
No words  
No tears my people  
But deep sorrow  
And a desolate land  
Lying afore me*

## Tama Ngākau

Waiata appropriate for: All

Tama ngākau mārie  
Tama a te Atua  
Tēnei tonu mātou  
Arohaina mai

*Son of peace  
Son of God  
Here we are always  
Show us compassion*

Murua rā ngā hara  
Wetekina mai  
Ēnei here kino  
Whakararu nei

*Wipe away our sins  
And unshackle  
These evil ties  
That are so troublesome*

## Te Aroha

Waiata appropriate for: All

Te aroha  
Te whakapono  
Me te rangimārie  
Tātou tātou e

*Love  
Faith  
And peace  
To everyone*

## Te Atua

Waiata appropriate for: All

### Majesty

Te Atua, tapu o ngā tapu  
Ki a Ihu te kororia, te honore  
Te Atua, te mana harēruia  
I heke mai, te maunga tapu,  
ki te iwi.

*Majesty, worship his majesty;  
unto Jesus be all glory, honour and praise  
Majesty, kingdom authority  
flow from his throne unto his own  
his anthem raises.*

Hāpaitia (hāpaitia), te ingoa o Ihu  
Whakapaingia,  
whakamoemitia

*So exalt, lift up on high the name of Jesus,  
Magnify, come glorify  
Christ Jesus the King*

Te Atua, tapu o ngā tapu  
I mate nei, a Ihu e  
Hei Kingi nui (x2)

*Majesty, worship his majesty  
Jesus, who died, now glorified,  
King of all Kings (x2)*

## Te Hokinga Mai

Waiata appropriate for: All

Tangi a te ruru  
Kei te hoki hoki mai e  
I whaka-whero-whero i te pūtahitanga  
Nāku nei rā koe  
I tuku kia haere  
Tērā puritia iho nui rawa te aroha e

*The sentinel heralds  
your returning  
exclaims at the crossroads  
'Twas I  
who released you  
a gesture of great love*

Te hokinga mai tēnā koutou  
Tangi ana te ngākau i te aroha  
Tū tonu rā te mana te ihi  
o ngā tupuna kua wehe atu rā  
Mauria mai (Hi-Hā) te mauri tangata  
Hei oranga mō te mōrehu  
Tangi mōkai nei  
E rapu ana i te aratika mō tātou katoa (x2)  
(Tū tangata tonu)!

*I salute your return  
hearts welling with pride  
upholding the prestige  
of our ancestors departed  
Returning the life principle  
as sustenance for this enduring  
faithful and anxious servant  
ever striving for our proper destiny  
(Stand proud always)*

## Toro Mai

Waiata appropriate for: TT, P, W, A/C

Toro mai tō ringa  
Kia harirūtia  
Tō ringa i awhi pono  
I awhi taku tinana  
Auē auē te aroha  
Ki a rātou mā  
Auē auē te aroha  
Ngau whakaroto nei.

*Reach out your hand  
That we may greet each other  
Your hand in trust  
That embraces my body  
Oh so much love  
For others deep love  
Oh so much love  
That hurts me inside*

Hikitia e ngā iwi  
Kia rewa ki runga  
Ngā taonga, ngā mātua  
Kua ngaro ki te pō  
Auē auē te aroha  
Ki a rātou mā  
Auē auē te aroha  
Ngau whakaroto nei

*Lift yourselves up people  
Those that have passed on  
Precious ancestors who have moved into the  
next world  
Oh so much love  
That hurts me inside  
Oh so much love  
That hurts me inside*

## Tūtira Mai

Waiata appropriate for: Ack, M, A/C

|                        |                                |
|------------------------|--------------------------------|
| Tūtira mai ngā iwi     | <i>Line up together people</i> |
| Tātou tātou e          | <i>All of us, all of us</i>    |
| Tūtira mai ngā iwi     | <i>Stand up in rows people</i> |
| Tātou tātou e          | <i>All of us, all of us</i>    |
| Whai-a te mārama-tanga | <i>Seek the knowledge</i>      |
| me te aroha e ngā iwi! | <i>and love of others!</i>     |
| Ki-a ko tapa-tahi      | <i>think as one</i>            |
| Ki-a kotahi rā         | <i>act as one</i>              |
| tātou tātou e (x2)     | <i>All of us, all of us</i>    |

## Wairua Tapu

Waiata appropriate for: All

|                               |                                   |
|-------------------------------|-----------------------------------|
| Wairua Tapu                   | <i>Holy spirit</i>                |
| Nau mai rā                    | <i>We welcome you</i>             |
| Wairua Tapu                   | <i>Holy spirit</i>                |
| Mai runga                     | <i>From above</i>                 |
| Ūhia mai                      | <i>Reveal</i>                     |
| Ngā taonga pai                | <i>All that us good</i>           |
| Homai tō Aroha                | <i>Give us your support</i>       |
| Wāhia kia tika                | <i>Take only what is best</i>     |
| Akona mai rā                  | <i>Indulge us all</i>             |
| Kia ū ki te pai               | <i>In what is good</i>            |
| Horoia                        | <i>Cleanse all</i>                |
| Kia mā tonu rā                | <i>So that we are free</i>        |
| Ko koe te tino kororia        | <i>For you are the only glory</i> |
| Wairua tapu – nau mai rā (x2) | <i>Holy Spirit – Welcome you</i>  |

## Whakaaria Mai

Waiata appropriate for: All

|                    |                              |
|--------------------|------------------------------|
| Whakaaria mai      | <i>Show</i>                  |
| Tō ripeka ki au    | <i>Your cross to me</i>      |
| Tiaho mai          | <i>Let it shine</i>          |
| Rā roto i te pō    | <i>There in the darkness</i> |
| Hei konei au       | <i>To there I</i>            |
| Titiro atu ai      | <i>will be looking</i>       |
| Ora mate           | <i>In life, in death</i>     |
| Hei au koe noho ai | <i>Let me rest in thee</i>   |

## Whakataka Te Hau

Waiata appropriate for: All

|                              |                                            |
|------------------------------|--------------------------------------------|
| Uuu.... Uuu....!             | <i>Uuu.... Uuu....!</i>                    |
| Whakataka te hau ki te uru   | <i>Cease the winds from west</i>           |
| Whakataka te hau ki te tonga | <i>Cease the winds from the south</i>      |
| Kia makinakina ki uta        | <i>Let the breeze blow over the land</i>   |
| Kia mataratara ki tai        | <i>Let the breeze blow over the sea</i>    |
| E hi ake ana te atakura      | <i>Let the red-tipped dawn come with a</i> |
| He tio, he huka, he hau hu   | <i>sharpened air</i>                       |
| Tihei mauri ora!             | <i>A touch of frost, and a promise of</i>  |
| Uuu.... Uuu....!             | <i>a glorious day.</i>                     |
|                              | <i>Amen</i>                                |
|                              | <i>Uuu.... Uuu....!</i>                    |

## Whakataurangi Ake

---

Waiata appropriate for: T, N, HK, K

### Tainui

Whakataurangi ake te here  
I taku ate  
Pūpū ake nei  
Te mauri – o te aroha  
He hononga ki te iwi  
kua whakangaro ki te pō  
Te pō uriuri ki te pō i oti atu

Kei ngā whakaoati i here-a  
ki te rangi hei huarahi atu  
Tihei – mauri ora!

*Note: There is no translation for this waiata.  
The composer of the waiata will not translate  
as it diminishes the value and context of the  
waiata.*

## Whiti Te Mārama

---

Waiata appropriate for: Ack, M, A/C

Whiti te mārama i te pō  
Tiaho iho mai koe  
Hei karu mō te mata o te pō (x2)

Tō ana te rā ki te moe e  
Tiaho iho mai koe  
Hei karu mō te mata o te pō (x2)

Ki te kore koe te karu o te pō  
pōuri ana taku ara e (x2)

Hoki ana ahau ki te moe e  
Tiaho iho mai koe  
Hei karu mō te mata o te pō (x2)

Whitiwhiti ana e te mārama i te pō (x2)

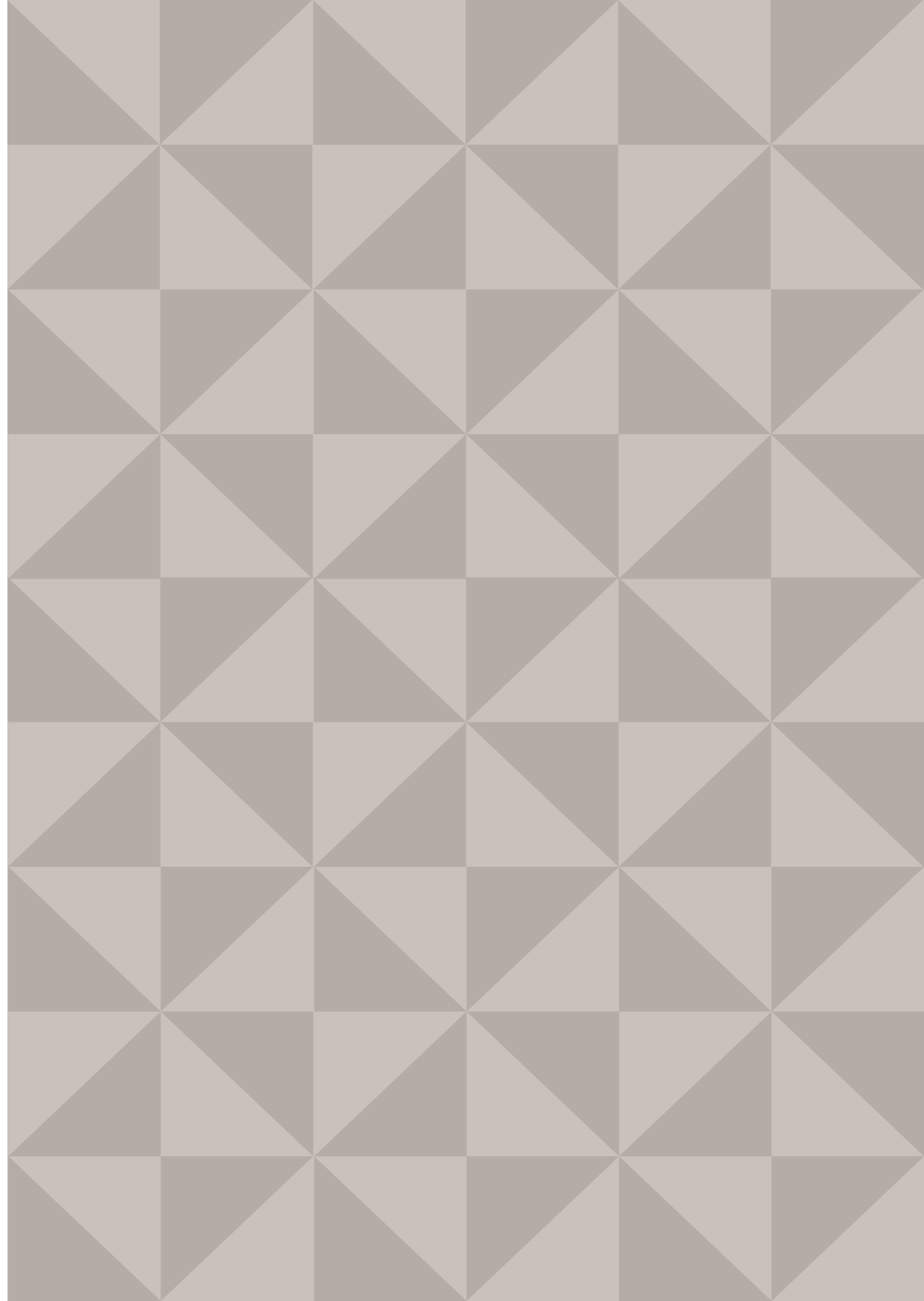
*The moon shines in the night  
You beam down  
The eye to the face of the night*

*When the sun sets to sleep  
You beam down  
The eye to the face of the night*

*Without you the eye of the night  
My path is lost*

*When I turn to sleep  
You beam down  
The eye to the face of the night*

*Forever shining, the moon of the night*



**National Office and Auckland Office**

519 Great South Road  
Otahuhu 1640  
PO Box 22346  
Auckland 1064  
Phone: 09 2766282

[www.terooputaurima.org.nz](http://www.terooputaurima.org.nz)



**Te Roopu Taurima**