



**Messy Church**  
**Karakia Mo te Kai**

**Whakapaingia ēnei kai**

(Bless our food)

**Hei oranga mo ō mātoa tinana**

(As well being for our body)

**Whāngaia ō mātou wairua**

(Feed our spirit)

**Ki te taro o te ora**

(With the food of wellness)

**Ko Ihu Karaiti to mātou**

**kaiwhakaora**

(For Christ our Healer)

**Āmine**