

# KO TE TINANA TAPU O HĒHU

## INOINGA MŌ TE KATOA

E te Atua, i waiho e koe tēnei Hākarameta mīharo hei whakamaharatanga ki tōu Mamaenui, whakaae mai, ka īnoi nei mātou, kia tika to mātou whakahōnore i ngā kaupapa huna tapu o tōu Tinana me ōu Toto, kia mau tonu ai i roto i a mātou ngā hua o te whakaetanga. E ora nei, e rangatira tahi nei kōrua i te kotahitanga o te Wairua Tapu, Atua kotahi, mō āke āke. **Āmene**

ENGLISH TEXT: CONTEMPORARY ENGLISH VERSION

## TUHITUHI TAPU TUATAHI

Book of Deuteronomy Ūpoko Tuawhitu  
Moses said to the people, “Don’t forget how the LORD your God has led you through the desert for the past forty years. He wanted to find out if you were truly willing to obey him and depend on him, so he made you go hungry. Then he gave you manna, a kind of food that you and your ancestors had never heard about. The LORD was teaching you that people need more than food to live — they need every word that God has spoken. Don’t forget that you were once slaves in Egypt and that it was the LORD who set you free. Remember when he led you in that huge and frightening desert where poisonous snakes and scorpions live, there was no water but the LORD split open a rock and water poured out so you could drink. He also gave you manna, a kind of food your ancestors never even heard about.

Ko te kupu a te Ariki. **Whakamoemiti ...**

**WAIATA WHAKAUTUUTU 147 / 148**

*Wā:* **Whakamoemitiia te Ariki, e Hiruharama!**  
*Praise the Lord, Jerusalem!*

Everyone in Jerusalem, come and praise the LORD your God! He makes your city gates strong and blesses your people by giving them children. *Wā:* God lets you live in peace and he gives you the very best wheat. As soon as God speaks, the earth obeys. *Wā:* **Whakamoemitiia te Ariki ...** God gave his laws and teachings to the descendants of Jacob, the nation of Israel. But he has not given his laws to any other nation. *Wā:*

## TUHITUHI TAPU TUARUA

Pauro ki te hunga o Koriniti Ūpoko Tekau  
When we drink from the cup that we ask God to bless, isn’t that sharing in the blood of Christ? When we eat the bread that we break, isn’t that sharing in the body of Christ? By sharing in the same loaf of bread, we become one body, even though there are many of us. Ko te kupu a te Ariki **Whakamoemiti ki te Atua.**

*Areruia: Ka mea te Ariki,— ko ahau te taro ora e heke iho ana i te rangi. Ki te kai tētahi i tēnei taro e ora tonu ia. Areruia.*

## RONGO PAI

Hoane Ūpoko Tuaono  
Na, ka mea a Hēhu ki ngā Hūrai, “Ko ahau te taro ora i heke iho i te rangi. Ki te kai tētahi i tēnei taro, e ora tonu ana ia, ā, te taro e hoatu e ahau, ko tōku kikokiko hei oranga mō te ao.” Na, ka totohe ngā Hūrai tētahi ki tētahi, ka mea, “Me pēhea e homai ai e tēnei tangata tōna kikokiko kia kainga e tātou?”

Na, ka mea a Hēhu ki a rātou, “He pono, he pono tāku ka mea atu nei ki a koutou: ki te kāhore koutou e kai i te kikokiko o te Tama a te tangata, e inu i ōna toto, ekore koutou e whai oranga i roto i a koutou. Ko ia e kai ana i tōku kikokiko, e inu ana i ōku toto, he oranga tonutanga tōna, ā, māku ia e whakaara ake a te rā whakamutunga. He kai pono hoki tōku kikokiko, he inumanga pono ōku toto. Ko ia e kai ana i tōku kikokiko, e inu ana i ōku toto, e noho ana i roto i a au, me ahau hoki i roto i ā ia. I tonoa mai ahau e te Matua, waihoki ko te tangata e kai ana i a au, ka ora i a au. Ko te Rongo Pai a te Ariki. **Kia whakanuia rā koe e te Ariki e Hēhu Karaiti.**

## HOLY GOSPEL

John Chapter Six  
Jesus said to the Jews, “I am the bread from heaven! Everyone who eats it will live forever. My flesh is the life-giving bread that I give to the people of this world.” They started arguing with each other and asked, “How can he give us his flesh to eat?” Jesus answered, “I tell you for certain that you won’t live unless you eat the flesh and drink the blood of the Son of Man. But if you do eat my flesh and drink my blood, you will have eternal life, and I will raise you to life on the last day. My flesh is the true food, and my blood is the true drink. If you eat my flesh and drink my blood, you are one with me and I am one with you. The living Father sent me, and I have life because of him. Now everyone who eats my flesh will live because of me. The bread that comes down from heaven isn’t like what your ancestors ate. They died, but whoever eats this bread will live forever.

The Gospel of the Lord.

**Praise to you Lord Jesus Christ.**

# KO TE TINANA TAPU O HĒHU

## INOINGA MŌ TE KATOA

E te Atua, i waiho e koe tēnei Hākarameta mīharo hei whakamaharatanga ki tōu Mamaenui, whakaae mai, ka ĭnoi nei mātou, kia tika to mātou whakahōnore i ngā kaupapa huna tapu o tōu Tinana me ōu Toto, kia mau tonu ai i roto i a mātou ngā hua o te whakaeatanga. E ora nei, e rangatira tahi nei kōrua i te kotahitanga o te Wairua Tapu, Atua kotahi, mō āke āke. **Āmene**

## TUHITUHI TAPU TUATAHI

Tiuteronomi Ūpoko Tuawaru  
Ka whai kōrero a Moihī ki te iwi, ka mea: Kia mahara ki te ara i ārahi ai te Ariki, tōu Atua i ā koe i te koraha, i ēnei tau e whā tekau, hei whakamātautau hoki i ā koe, kia mōhīotia ai ngā aha noa i roto i tōu ngākau, ka pupuri rānei koe i āna whakahau, kāhore rānei. Ā, whakawhiua ana koe e ia, whakamatea ana ki te kai, whāngai ana ki te mana-kai kīhai nei i mōhīotia e koe, kīhai anō i mōhīotia e ōu mātua. Kia whakamōhīo ai ia i ā koe ekore te tangata e ora i te taro kau, ēngari mā ngā kupu katoa e puta mai ana i te māngai o te Ariki ka ora ai te tangata. Na, ka kake tōu ngākau, ā, ka wareware koe ki te Ariki ki tōu Atua, i whakaputa mai rā i ā koe i te whenua o Īhipa, i te whare pononga. I arataki hoki i ā koe i tēnā koraha nui, whakamataku, i reira nei ngā ngākahi paitini me ngā kōpiona, me te whenua matewai kāhore o reira wai. I whakaputa mai anō i te wai mōu i roto i te kōhatu kiripaka. I whāngai i ā koe i te kōraha ki te mana-kai, kīhai nei i mōhīotia e ōu mātua. Ko te kupu a te Ariki.

**Whakamoemiti ki te Atua.**

## WAIATA WHAKAUTU 147 / 148

*Wā:* **Whakamoemitiā te Ariki, e Hiruharama!**  
Hiruharama, whakamoemitiā te Ariki; whakamoe- mititia tōu Atua, e Hiona. Nāna nei hoki i whakakaha ōu kēti, manaakitia ana e ia āu tamariki i roto i ā koe.

*Wā:* **Whakamoemitiā te Ariki, e Hiruharama!**  
Nāna anō i mau ai te rongō i roto i ōu rohe; nāna koe i mākona ai i te wīti pai rawa. E tukua ana e ia te kupu ki te whenua. Tere rawa te rere o tāna kupu.

*Wā:* **Whakamoemitiā te Ariki, e Hiruharama!**  
E whakakitea ana e ia tāna kupu ki a Hākopa, āna tikanga, me āna whakaritenga ki a Iharaira. Kāhore i pērā tāna hanga ki tētahi atu iwi.

*Wā:* **Whakamoemitiā te Ariki, e Hiruharama!**

## TUHITUHI TAPU TUARUA

Reta tuatahi ki te hunga o Koriniti. Ūpoko Tekau  
Te karihe whakapainga e whakapai nei tātou, ehara koia i te whiwhinga tahitanga ki ngā toto o te Karaiti te inu? Me te taro e whatiwhatia nei e tātou, ehara koia i te urunga tahitanga ki te kai i te tinana o te Ariki. Kotahi anō hoki taro, kotahi anō tinana tātou tokomaha; tātou katoa e tango tahi nei, i te taro kotahi. Ko te kupu a te Ariki

**Whakamoemiti ki te Atua.**

*Areruia:* **Ka mea te Ariki,— ko ahau te taro ora e heke iho ana i te rangi. Ki te kai tētahi i tēnei taro e ora tonu ia. Areruia.**

## RONGO PAI

Hoane Ūpoko Tuoano  
Na, ka mea a Hēhu ki ngā Hūrai, “Ko ahau te taro ora i heke iho i te rangi. Ki te kai tētahi i tēnei taro, e ora tonu ana ia, ā, te taro e hoatu e ahau, ko tōku kikokiko hei oranga mō te ao.” Na, ka totohe ngā Hūrai tētahi ki tētahi, ka mea, “Me pēhea e homai ai e tēnei tangata tōna kikokiko kia kainga e tātou?”

Na, ka mea a Hehu ki a rātou, “He pono, he pono tāku ka mea atu nei ki a koutou: ki te kāhore koutou e kai i te kikokiko o te Tama a te tangata, e inu i tāna toto, ekore koutou e whai oranga i roto i a koutou. Ko ia e kai ana i tōku kikokiko, e inu ana i tōku toto, he oranga tonutanga tōna, ā, māku ia e whakaara ake a te rā whakamutunga. He kai pono hoki tōku kikokiko, he inumanga pono ōku toto. Ko ia e kai ana i tōku kikokiko, e inu ana i ōku toto, e noho ana i roto i a au, me ahau hoki i roto i ā ia. I tonoa mai ahau e te Matua, waihoki ko te tangata e kai ana i a au, ka ora i a au. Ko te Rongo Pai a te Ariki. **Kia whakanuia rā koe e te Ariki e Hēhu Karaiti.**

## INOINGA MŌ TE KAWENGA.

E te Ariki, ka ĭnoi nei mātou, tukua mai ki tōu Hāhi, ngā tākohā o te kotahitanga me te rangimārie, ko ōna tohu e kitea ana i roto i te kaupapa huna o ēnei kawenga e tukua atu nei e mātou. Mā te Karaiti to mātou Ariki. **Āmene.**

## INOINGA MŌ TE KŌMUNIO.

E te Ariki, ka ĭnoi nei mātou, whakaae mai kia hari tonu mātou mō āke āke i te whai wāhi ki tōu oranga atua, e waitohua nei i tēnei wā i a mātou e tango ana i tōu Tinana me ōu Toto utunui. E ora nei, e rangatira nei mō āke āke. **Āmene.**