

# Healing Our Spirit Worldwide

The Seventh Gathering

Hamilton, Nov 15-19 2015

The University of Waikato, Kirikiriroa, Hamilton, Aotearoa, New Zealand



MAURI ORA

## ***What is expected of 'me' during the pōwhiri process?***

### **A welcome on to a marae**

On Sunday 15 November 2015 at 10am, as part of Healing our Spirit Worldwide (HOSW) Seventh Gathering, you are welcome to join us for a traditional pōwhiri (welcome) at Tūrangawaewae Marae, [Ngāruawāhia](#) Hamilton. This is to welcome us to the Tainui/Waikato area. This is a Tainui marae, using Tainui kawa (protocols/customs). This information is for you as a participant of [HOSW](#). Logistics for this ceremony will be arranged beforehand. Your role will be to follow the kawa (process and protocols), be respectful of this ritual, and enjoy this experience especially if this is your first time in Aotearoa or to the Māori culture. The HOSW website has a video with more detailed information on the pōwhiri process <http://hosw.com/powhiri>.

Nau mai haere mai..... so welcome, come with us! And enjoy!

### **Before the pōwhiri**

- Dress formally. Skirt or dress for female, long pants for males, dark colours. However you are most welcome to wear your traditional country clothing
- Arrive early (buses will be available)
- Ensure mobile phones are switched off throughout the pōwhiri
- Conversations will be had at the tomokanga (entrance) to inform the Kaikaranga (caller) and the kaikōrero (speaker) where you, the manuhiri (guests) are from so it can be included in their korero/ritual
- A koha (donation) will be collected at the tomokanga. You are welcome to contribute. This koha will be given to the marae during the pōwhiri and will remain there.
- Please listen for instructions from those in charge. These in charge will make themselves known to the group. If in doubt, stay in the back and follow.

### **During the pōwhiri**

- You need to be welcomed on to a marae.
- You will walk slowly onto the marae, always behind the kaikaranga and other dignitaries.
- Women go on first; the men follow in behind. Men sit in the front; women sit behind the men.
- Do not eat, drink, smoke, talk, or take photos during the welcome.
- Stewards will be with us ensuring we know what to do; when to walk/stop/stand/wait/sing
- After each kaikōrero a waiata (song) will be sung in support.
- To conclude this part of the pōwhiri, the manuhiri line up to harirū (greet) and hongī (press noses) with the tangata whenua (people of this area). While kissing on the cheek is considered appropriate, try to hongī if you feel comfortable.

### **After the pōwhiri**

- Wash your hands. See information on 'tapu' and 'noa'. Follow others to the ablution block if water is not provided.

### **In the wharekai for the hakari (feast)**

- Manuhiri will be called to join the tangata whenua for a meal. It is polite to let kaumātua (elders) go first. A meal ends the pōwhiri process. Please go into the wharekai to be seated.
- When [King Tuheitia](#) enters the wharekai, everyone will stand.
- A karakia (blessing) will be said before eating.
- When King Tuheitia stands to leave, everyone will stand as he leaves. Do not leave the wharekai until King Tuheitia has left.

### **General**

- Some marae do not allow photographs, filming or recording without permission. Please ask first.
- If it is a hot day, ensure you have a sunhat, sunscreen and some water in your bag. Do not drink during the pōwhiri.

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# MAURI ORA

## Glossary

Kupu/Word	Whakamarama/Meaning	Links
Aotearoa	New Zealand	<a href="https://en.wikipedia.org/wiki/Aotearoa">https://en.wikipedia.org/wiki/Aotearoa</a>
Hākari	Feast, celebration meal	
Harirū	<i>How do you do?</i> Meet and greet; shake hands, hongī, mingle	
Hongī	Press noses in greeting	<a href="https://en.wikipedia.org/wiki/Hongī">https://en.wikipedia.org/wiki/Hongī</a>
Iwi	Tribe	<a href="https://en.wikipedia.org/wiki/Iwi">https://en.wikipedia.org/wiki/Iwi</a>
Kaikaranga	A caller - usually onto a marae. The Kaikaranga will call to the manuhiri first – our Kaikaranga will reply	
Kaikōrero	A speaker. Speeches between the tangata whenua and the manuhiri will take place. This is to let them know who we are, where we come from and why we want to come onto their marae	
Karakia	Prayer, blessing	
Karanga	A call of welcome, in our case to call us on to the marae. A kaikaranga from our group will respond. There may be more than one caller.	
Kaumātua	Elder man or woman	
Kawa	Protocols, customs	
King Tuheitia	The current Māori King	<a href="http://www.kiingtanga.com/">http://www.kiingtanga.com/</a>
Kīngitanga	Māori King Movement	<a href="https://en.wikipedia.org/wiki/M%C4%81ori_King_Movement">https://en.wikipedia.org/wiki/M%C4%81ori_King_Movement</a>
Koha	Gift, present, offering, donation, contribution	
Korero	Talk, speak, communicate	
Manuhiri	Visitor, guest	
Māori	Indigenous people of Aotearoa	<a href="https://en.wikipedia.org/wiki/M%C4%81ori_people">https://en.wikipedia.org/wiki/M%C4%81ori_people</a>
Marae	Complex of buildings and land	
Nau mai, haere mai	Welcome, come in	
Noa	To be free from tapu	<a href="https://en.wikipedia.org/wiki/Tapu_(Polynesian_culture)">https://en.wikipedia.org/wiki/Tapu_(Polynesian_culture)</a>
Pā	Fortified village	
Pōwhiri	Welcome ceremony, rituals of encounter	<a href="https://en.wikipedia.org/wiki/P%C5%8Dwhiri">https://en.wikipedia.org/wiki/P%C5%8Dwhiri</a>
Tainui	Tainui is a tribal waka confederation of New Zealand. Māori iwi comprises four principal related Māori iwi of the central North Island of New Zealand: Hauraki, Ngāti Maniapoto, Ngāti Raukawa and Waikato.	<a href="https://en.wikipedia.org/wiki/Tainui">https://en.wikipedia.org/wiki/Tainui</a>
Tangata whenua	People belonging to a particular area/land	<a href="https://en.wikipedia.org/wiki/Tangata_wenua">https://en.wikipedia.org/wiki/Tangata_wenua</a>
Tapu	Be sacred, prohibited, restricted, set apart, forbidden, under atua (God) protection	<a href="https://en.wikipedia.org/wiki/Tapu_(Polynesian_culture)">https://en.wikipedia.org/wiki/Tapu_(Polynesian_culture)</a>
Tikanga	Correct procedure, custom, method, rule, way, practice, convention, protocol	<a href="https://en.wikipedia.org/wiki/Tikanga">https://en.wikipedia.org/wiki/Tikanga</a> <a href="http://www.maoridictionary.co.nz/search?idiom=&amp;phrase=&amp;proverb=&amp;loan=&amp;keywords=tikanga&amp;search=">http://www.maoridictionary.co.nz/search?idiom=&amp;phrase=&amp;proverb=&amp;loan=&amp;keywords=tikanga&amp;search=</a>
Tomokanga	Main entrance to a pā/marae, the gateway	
Waiata	Song, sing	
Whaikōrero	Speech	
Wharekai	Dining hall	