

**Our mission is to uphold the mana and well-being of Ngāti Kahungunu.**

In response to the COVID-19 Coronavirus we want to keep our whānau informed, safe and well.

### Te Hononga Ora

Te Hononga Ora is an invitation to connect and maintain our well-being by making our homes a refuge to support the following three pillars:



**Ngāti Kahungunu Iwi**  
INCORPORATED

### TE TAHA WAIRUA Spiritual Well-being

Make home your refuge -  
Show Love, Respect & Care for  
Each Other.

Make home your refuge -  
Unite through Karakia.

We offer you this Karakia.

### TE TAHA TINANA Physical Well-being

Make home your refuge -  
Good Hygiene, Clean, Safe,  
Warm and Healthy  
Environment.

Make home your refuge -  
Good Kai, Good Family  
Activities and a  
Good Nights Sleep

Wairarapa

### TE TAHA HINENGARO Emotional Well-being

Make home your refuge -  
Relax, Breathe and Think  
Things Through.

Make home your refuge -  
Share and Plan with Your  
Whānau.

Ahuriri

Kia tau mai te mauri,  
Mai i runga, mai i raro, mai i roto, mai i waho,  
Te hononga ora, ki te whaiao,  
ki te ao mārama! Tihei mauri ora!

*May the vital essence of life flow, From above, from below, From within,  
from outside, The union of well-being, Leading to ultimate enlightenment,  
Giving rise to the breath of life!*