

# Ramatana i te Rāhui - Paengawhāwhā 2020



I tēnei tau, **kua rerekē te Ramatana**. Nā runga i ngā here o Covid-19 i te weherua pō o te Rāhina 27 o Paengawhāwhā i nukuhia te whenua ki te Pae Matohi 3.

Kāore e taea e tātou te haere ki te Whare Kōrana, te mihi rānei ki ngā hoa i waho o tō mātou mirumiru mā te rūrū o ngā ringa i raro i ngā ture tū tīrara ā-tinana.

## Noho haumaru

- E noho ki tō mirumiru
- Kia mau ki te wairua o te Ramatana mā te karakia ki te kāinga
- He pai tonu te kai Suhoor me te Iftar ahakoa te whānau kei te kāinga

H He mea nui i tēnei wā o te taumhatanga he māmā rawa kē te takariri, te pōkaikaha, te āwangawanga.

Ko te tikanga o te nohopuku he whai kia tata mai a Arā (SWT), ka mutu, ka tāria e tātou te whakapakaritanga o ō tātou wairua mō te roanga o tēnei marama tapu o te Ramatana. Kia tino whai hua koe i tēnei marama nui whakaharahara, me whakarite mahere kia tutuki i a koe ō manako mō tō Ramatana. Mā tēnei koe e whakapakari kia puritia ai taua wairua ki tua atu i te mutunga o te Ramatana. Me tīmata tō mahere mā te whakarārangi i ōu whāinga o ia rā, kia kaua e nui rawa, ka whakarite wā anō hoki mō ia whāinga.

## Te whakamahere ā-rā



- Mō te suhoor, me kai ngā kai kī rawa i te warowaihā, kia whai kaha tonu te tinana mō te roanga o te wā.
- Me kai te manawa whenua, te huaora hoki i tēnei wā kia puritia ai e tō tinana ngā whakamōmona puta noa i te rā.
- Kīnaki tō nohopuku ki ngā teiti me te wai.
- Kaua e nui rawa te kai, kaua e rahi rawa te kai me waiho hoki ngā kai nui te hinu. Kia kaha te kai i ngā kai hauora, kia nui ngā hua whenua, nui te huaora me te manawa whenua.
- Kia kaha te inu wai.



- Mehemea kua roa koe e pāngia ana i ngā āhuetanga hauora, me kōrero ki tō tākuta ki te arotake i ō rongoā mō te tūpono me whakarerekē mō te Ramatana.
- Me mau tonu ki te āhua o te Wudhu.
- Ia rā me tuku ngā inoi e rima ki te kāinga tae atu ki te taraweeh.
- Mātaki i te pāpāho ā-ipurangi o te khutbah i runga i te aka pāpāho.



## **Ki te rangirua ōu whakaaro, kia atamai, kia tū, ka whakaaro!**

Rite tonu tā mātou kōrero mō ngā mātāpono o E Tū Whānau i te kawenga o ā mātou mahi. Kātahi ngā tino tohutohu hei whai i tēnei wā, ko ēnei. Arā anō ētahi kōrero kei runga i te paetukutuku – [www.etuwhanau.org.nz](http://www.etuwhanau.org.nz)

E 6 ngā mātāpono:

- **Aroha** – He tuku aroha mō te tuku aroha noa te take
- **Whanaungatanga** – Ko te whanaungatanga te mea nui
- **Whakapapa** – He mōhio ko wai koe, nō hea koe
- **Mana/Manaaki** -He whakapakari i te mana o ētahi atu mā te poipoi, mā te manaaki me te wero
- **Kōrero Awhi** -Kia pono, kia tika te kōrero me ngā mahi, kia atawhai te kōrero tētahi ki tētahi
- **Tikanga** – He tika te mahi i runga i ō tātou mātāpono

## **KA HAERE KI HEA KI TE KIMI ĀWHINA**

- **Healthline** - (mehemea he tohumate āu o te MATE KORONA, kei te kimi tohutohu hauora rānei) - **0800 358 5453**
- **Ngā Ratonga Whawhatitata** - Te Waka Tūroro, Te Patuahi, Te Pirihihihana - 111
- **Te Hiranga Tangata** – **0800 559 009**, [www.workandincome.govt.nz](http://www.workandincome.govt.nz) rānei
- **Kia kotahi te tū hei patu i te MATE KORONA** – [www.covid19.govt.nz](http://www.covid19.govt.nz) mō ngā kōrero kāwanatanga hou rawa o te wā tonu nei.

*He mea kohikohi e Shireen Shah Drew-MA, Kaitakawaenga, Kaiwhakarite kaupapa Salaam, Resolution Institute Fellow*

*Rāua ko Jamila Slaimankhel – He Kaimatū kua Whakamana o Aotearoa a Jamila. He nui ōna tohu, he tohu ōna mō te Pūtaiao, te Pūtaiao Kai, te Hauora Tūmatanui mai i ngā whare wānanga me ngā whare whakaako o Aotearoa. Paengawhāwhā 2020*

