



## Wiki 5 – Haratua / May 28

### Kaupapa: Te Rā o te Petekoha

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**Mihimihi /  
Introduction**  
10 mins

Kia ora everybody, mihi to tamariki  
Icebreaker

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**Pānui /  
Reading**  
5min

Hoani 20: 19-23

John 20: 19-23

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**Rārangi o te rā**

Ka kōrerotia tēnei e ia, ka whakahā ia, ka mea ki a rātou, “Kia riro te Wairua Tapu i a koutou”.  
*Hoani 20: 22*

When he had said this, he breathed on them and said to them, “Receive the Holy Spirit”.  
*John 20: 22*

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**Kupu o te rā**

**Whakahā**

**Breathe**

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**Activity**  
20mins

- Kia tau te rangimarie
  - Tā pikitia
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**Waiata**

- [Ka piata te wairua](#)
- [Wairua Tapu, tau mai rā](#)

Link to our Waiata page on Te Aka’s website: [here](#)

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**Conclusion  
Evaluation**  
5mins

What did we learn? Positives, negatives, suggestions?

Feedback from tamariki/whanau

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### Resources needed:

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Bible

ANZ Prayer books

A4 paper & pens/ pencils

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## Pānui / readings:

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### Hoani 20: 19-23

Ka timata te panui kei te pukapuka o Hoani, te 20 o ngā upoko, ki te whiti 19

<sup>19</sup> I taua rā tuatahi anō o te wiki, i te ahiahi, i ngā tatau e kati ana o te wāhi i huihui ai ngā ākonga i te wehi i ngā Hūrai, ka haere mai a Īhu, ka tū i waenganui, ka mea ki a ratou, “Kia tau te rangimārie ki a koutou.” <sup>20</sup> Ā, ka puaki tēnei kupu āna, ka whakakitea e ia ōna ringa me tōna kaokao ki a rātou. Nā, hari tonu ngā ākonga, i tō rātou kitenga i te Ariki. <sup>21</sup> Ka mea anō a Īhu ki a rātou, “Kia tau te rangimārie ki a koutou. I tonoa mai ahau e te Matua, ka pērā anō tāku tono i a koutou.” <sup>22</sup> Ka kōrerotia tēnei e ia, ka whakahā ia, ka mea ki a rātou, “Kia riro te Wairua Tapu i a koutou. <sup>23</sup> Ki te whakarērea noatia e koutou ngā hara o ētahi, ka whakarērea o ratou; ki te whakamaua anō o ētahi e koutou, ka mau anō.”

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### John 20: 19-23

Today’s reading comes from the book of John, chapter 20, beginning at verse 19

<sup>19</sup> When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” <sup>20</sup> After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. <sup>21</sup> Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” <sup>22</sup> When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. <sup>23</sup> If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

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## Reflection notes provided by:

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*Mihana Awhina/ Missioner for Te Hui Amorangi o Te Ūpoko o Te Aka*

Some other accounts of this gathering talk about the rush of wind or *ruach* – the dictionaries say “The basic meaning of ruach is both '**wind**' or '**breath**,' but neither is understood as essence; rather it is the power encountered in the breath and the wind, which remains mysterious... perhaps we could use the words ‘life force’ or Holy Spirit.

What does a breath mean for you? What did it mean all those years ago for the disciples? In the second creation story God took dust, formed man and breathed into his nostrils the breath of life. The disciples were good Jews as was Jesus, and knew the stories in the Hebrew Scriptures so the wind, the breath, took them back to the time of their ancestors when God created the heaven and the earth and the spirit swept over the face of the waters. (*go back and read the first two chapters of Genesis again*)

What about the fear that was in the room? Can you remember a moment when you were filled with fear and out of nowhere someone uttered a word or two that settled you down? ‘It’s OK I’m here.’

Jesus said, ‘Peace be with you’. Shalom, the greeting used even today by Jews when they gather. Shalom has a far wider and deeper understanding than simply peace - it is harmony, wholeness, completeness, and tranquility.

The feeling you experience in confession. When a load is taken off your mind through confessing those things you have done that should not have been done, and receiving forgiveness, the return of harmony and wholeness. The understanding of the disciples gathered on that fateful day, that they too could bring that completeness and tranquility to others through forgiveness.





## Pātai mō ngā tamariki:

Have you ever shared something with someone and after doing so felt good / relief / at peace / much better?

Maybe you were confessing to your parent that you had lied about something?  
Or maybe you were confessing to your parent that your sibling had done something?

Ask tamariki to do the following:

- Close your eyes
- Sit still
- Sit quietly with your eyes closed
- Listen to your breath
- Listen, what else can you hear? Answer in your head
- Breathe in
- Breathe out
- Kia tau te rangimarie
- Whakangā (breathe in)
- Whakahā (breathe out)
- (Say a tamaiti's name) How are you feeling?  
(You could repeat this for a couple of tamariki)

Then ask tamariki to open their eyes and feel at peace.





## Activity 1

### Kia tau te rangimarie

Find the page in the Prayer Book where you share the peace during the 476 service (page 485)

When do we do this in the service?

It happens before/after what?

Why is it at this part?

(In the eucharist service, the first part of the service is about acknowledging all the things that have gone on in the week, saying sorry for the things that may not have been right, being thankful for the things that have worked out and trying to settle ourselves to come to the table with God. Te Maungarongo is just before blessing the bread and wine because that is when you should be at peace with yourself, at peace with God, and at peace with others to come and have kai hapa with them. The idea is, by the time we share the peace, we are ready for it)

Practice saying this part to each other in pairs:

The first person says: **“Kia tau te rangimarie ki a koe”**

And the second person says: **“Ki tōu wairua anō hoki”**

Go around the room saying this to each other. It is nice to practice sharing peace and using a phrase that, when someone is really stressed out, might just help them to calm down.

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## Activity 2

### Tā pikitia

Could make posters with the phrase:

**“Kia tau te rangimarie”**

