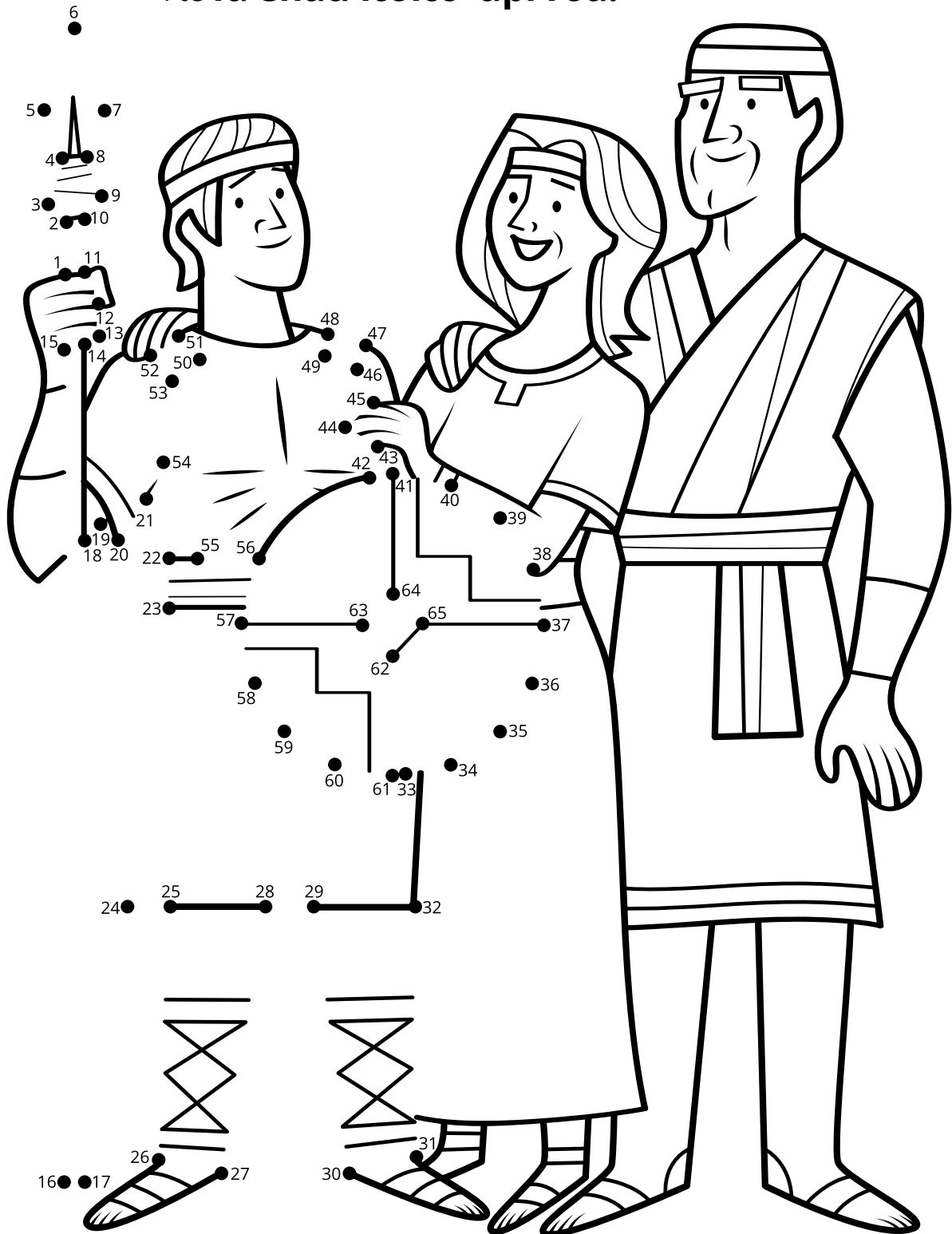


'Ua haere te mau fa'ehau (taure'are'a) itoito 'āpī roa i te tāmā'i, 'ia ti'a i tō rātou mau metua 'ia ha'apa'o i tā rātou fafaura'a i te Atua 'ia 'ore roa e 'aro fa'ahou.

'A tū'ati'ati i te mau periota nō te pāpā'i hōho'a i te ha'ana tama'i i ni'a i te **fa'ehau itoito 'āpī roa.**



Alama 56-57



Nō te aha 'aita 'o Helamana i hina'aro 'ia 'ōfati te mau Aniti-Nephi-Lehi i te fafaura'a tā rātou i rave ?