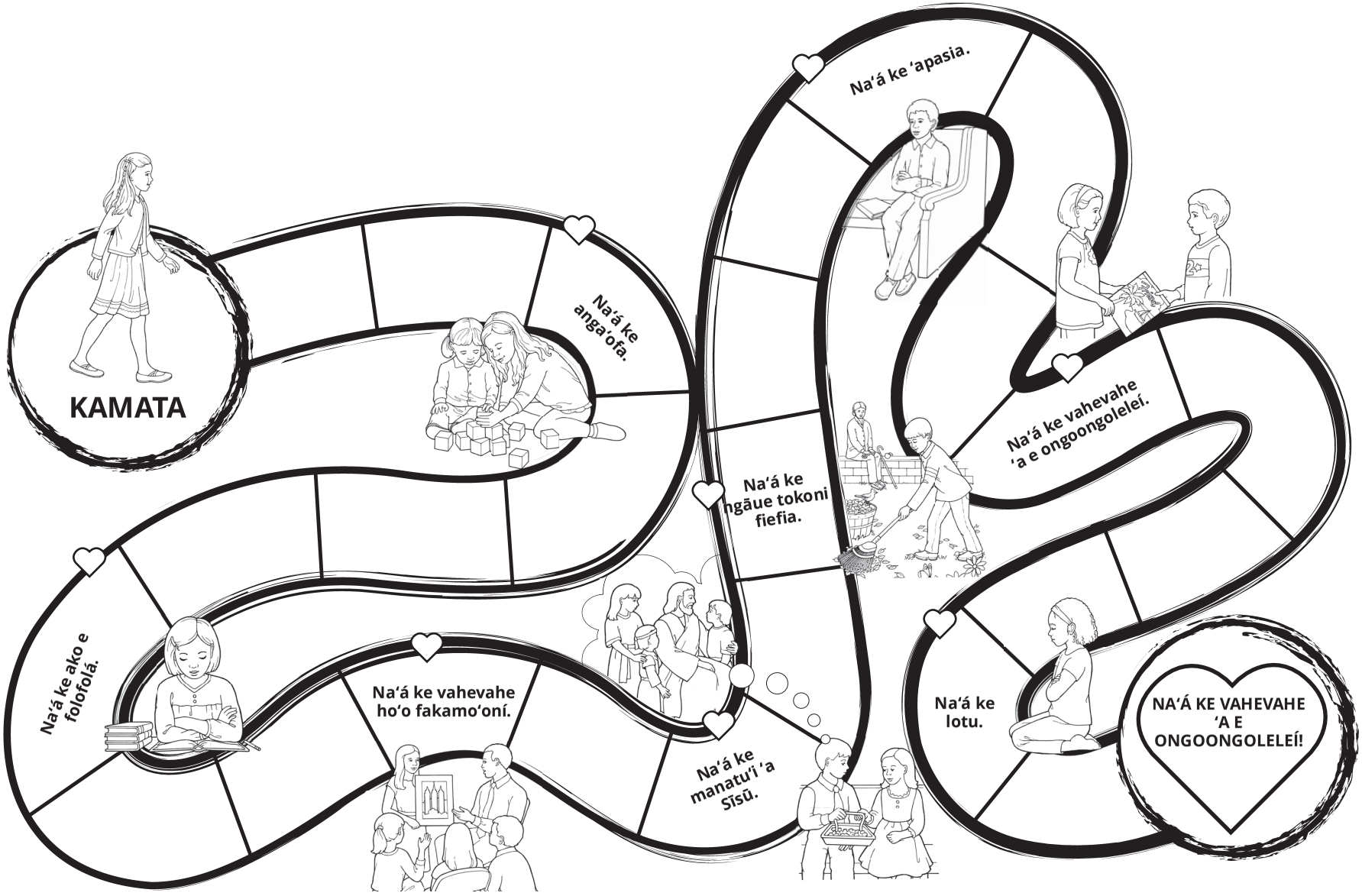
Te u lava ʻo vahevahe ʻa e ongoongolelei ʻo Sīsū Kalaisí (Tokāteline mo e Ngaahi Fuakava 33:2–3, 6–10).

Kumi ha ʻū meʻa ke fakaʻaongaʻi ko ha fanga foʻi pate vaʻinga, hangē ko ha ʻū koini. Tohi e mataʻifika 1 ki he 6 ʻi ha ʻū laʻipepa kehekehe, pea faʻo ia ʻi ha foʻi hina. Taufetongi ʻi hono tohoʻi ha laʻipepa pea ʻunuakiʻi hoʻo pate vaʻingá ʻo fakatatau ki he mataʻifika kuó ke tohó. Kapau te ke tuʻu ʻi ha feituʻu ʻoku ʻi ai ha foʻi haati, ʻunu ki muʻa ʻaki ha foʻi ʻatā makehe ʻe taha.