



# WELCOME TO THE GURDWARA

## DID YOU KNOW?

Pronounced 'Gur-Dwa-rra' It actually means the 'Guru's Door' or 'through the Guru'. Sikhs comes here to learn how to live a spiritual and moral life and earn Guru's blessings.

## 1 BE DRESSED MODESTLY



Dress Modestly: Please tuck in your shirt. No short skirts. Don't bring any alcohol/cigarettes/drugs into the premises or be under their influence.

## 2 COVER YOUR HEAD



The Gurdwara usually has a box of scarves, handkerchiefs and bandanas. Hats or caps are inappropriate.

## 3 REMOVE YOUR SHOES & SOCKS



Remove your shoes and socks: We do this to keep the Gurdwara clean and to show respect to its owner, the Guru.

## 4 WASH YOUR HANDS



We always wash our hands after taking off our shoes or eating and especially before praying.

## ARE YOU HUNGRY?

### FEED YOUR BODY

Make your way into the **Langar Hall** where you can eat a free vegetarian meal (Langar) and/or volunteer to help serve or cook Langar. To volunteer (do **seva**) please ask one of the other volunteers.



#### DID YOU KNOW?

Langar is served to anyone from morning to night in all Gurdwaras across the world. Langar is a principle of the Sikh faith, i.e, to provide access to basic needs to everyone regardless of faith, sex, race, colour or social status. Some Gurdwaras even provide shelter, clothing and medical services.



**Getting Langar:** You may need to queue up or wait to be served (depends on the Gurdwara). Please do not pour your own Langar and only take what you will eat so that Langar isn't wasted. Everyone sits together at the same level to practice the principle that we are all equal in Gods eyes.

Once you have finished eating, take your plate/glass to the washing up area. If you'd like to volunteer to wash dishes, then please ask another volunteer. The Gurus taught that meditating whilst serving others (washing up) makes us humble and purifies our mind.



After eating Langar, please wash your hands. You are more than welcome to visit the Darbar and see how Sikhs pray/ meditate.



Please try not to disturb the peaceful atmosphere. You are welcome to listen, meditate or sing to the music, hymns and prayers. Please feel free to ask anyone if any translations can be displayed or if there are any literature, classes or talks available in your language.

### FEED YOUR SOUL

**Darbar** means Royal Court and will have the throne of Sri Guru Granth Sahib ji, our King. Although Granth means Scripture, but as our Guru, Sikhs do not treat it like a book. People queue to bow down to the Guru. Sikhs don't aim to convert people. Non-Sikhs may choose to bow out of respect. N.B. this doesn't make you a Sikh. One can only become a Sikh through their actions.



Next to Guru Granth Sahib Ji's throne, there will be a small stage where musicians and singers sing devotional poetry. The Gurus were poets and musicians and they encouraged singing as a type of worship.

#### DID YOU KNOW?

We respect Sri Guru Granth Sahib ji as the living Spiritual Guru. We only appear in Guru's presence if we are clean, sober, presentable, barefoot and have our heads covered. The Guru is our spiritual and political King and provides food and protection to all humanity. This is why you might see swords and weapons in front of Guru (royal insignia).

In **Darbar**, someone will be serving free Par'shaad, a sweet blessed food. You may choose to have some. Please take a tissue to clean your hands or wash them afterwards.



Some Gurdwaras have male and female seating areas and some are mixed. Most people will sit cross legged on the floor facing the Guru. When sitting, try not to turn your back or point your feet towards the Guru.



Want to learn more about Sikhi? Connect with us on social media and watch our talks, Q&As and kirtan/prayer explanations in English and other languages on Youtube.

[basicsofsikhi.com](http://basicsofsikhi.com)

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