

## **Langar- Community Kitchen**

Guru Nanak Dev Ji (1469-1538), the 1<sup>st</sup> Sikh Guru started the concept of 'Langar' or community kitchen. Guru Amardas Ji, the 3<sup>rd</sup> Sikh Guru, institutionalized this concept of sharing and caring. It is a process where Sikhs share their honest earning to provide food for everyone- rich & poor, high & low, bringing all under one umbrella of equality. This is an important and integral part of a Gurdwara (Sikh place of worship)

## **Sikh way of life**

A Sikh maintains long unshorn hair (Kesh) as an act of commitment & an acceptance of God's Will. Sikhs wear a Dastar (Turban) as a Crown-a gift from their Guru, signifying Sovereignty. An initiated Sikh, after taking Amrit, is required to wear the following 5 Kakaar (articles of faith):

1. Kesh (unshorn Hair) 2. Kanga (Comb to keep hair groomed and tangle free) 3. Kara (Iron bangle reminding one of the unbroken circle of Truth) 4. Kachhera (Under-pants for practicing self-control & chastity) 5. Kirpan (sword for upholding dignity & freedom from oppression)



**Central Sikh Mission of America**

# **CSMA**

**Gurdwara Sahib**

**Sikh Sangat of Virginia**

Weekly Kirtan Diwans

Thursdays  
7 pm – 9 pm

Sundays  
9:30 am – 1 pm

\*\* Gurdwara Sahib is open 7 days a week  
(morning to evening)

Gurdwara Sahib Address

**3901 Centerview Drive, Suite D  
Chantilly, VA 20151**

Phone: 703-646-2529  
571-236-3529

[www.sikhsangatofva.org](http://www.sikhsangatofva.org)

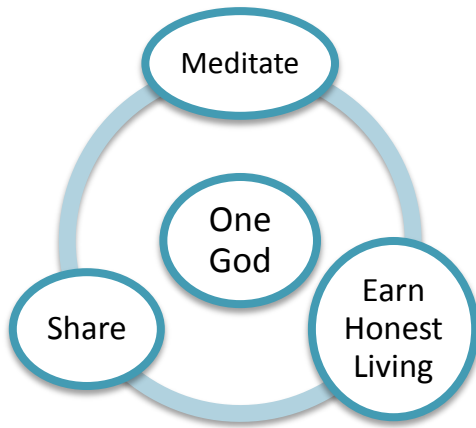


*Sri Darbar Sahib (Golden Temple), Amritsar INDIA*

# **Sikhism**

*Sikhism is one of the youngest religions in the world. There are about 25 million Sikhs Worldwide, including roughly 700,000 in the United States. Sikhism is the way of life for all times & its tenets center on the absolute.*

## ***Sikh Origin / Philosophy***



*The Sikh religion was revealed as a unique faith in the 15<sup>th</sup> century. The belief in one God & the universality of mankind was inducted into a society when rituals & superstitions were synonymous to religions. In times when gender & caste bias were prevalent, Sikhism spread the message of equality. Men & women were treated as equals allowing them to share the same opportunities in society. Hence Love replaced the language of fear, which was the basis of superstition, blind rituals, and*

*discrimination based on caste, race, gender, and/or ethnicity.*

*The Sikh philosophy is revealed in the Guru Granth Sahib, a compilation of Sikh Holy Scriptures, which was completed 1604. It is the eternal Guru or Teacher of the Sikhs. Its 1430 pages contain contemporaneous compositions of 6 Sikh Gurus as well as verses revealed by saints & sages of many religions. It is written in a poetic style, which uses rhythms, symbolism & metaphors to engage the heart, body, and soul of the faithful.*

### ***Basic Sikh Beliefs***

*Sikhs believe in one supreme timeless entity, without gender, unborn, undying, omnipresent, and within everything and everyone. The Sikhs follow the teachings of the ten Sikh Gurus, from Guru Nanak Dev Ji to Guru Gobind Singh Ji, and the Guru Granth Sahib Ji, which is the Sikhs' eternal teacher & guide. Sikhs practice 3 basic rules:*

- *Naam Japo (Meditate)*
- *Kirt Karo ( Earn an honest living)*
- *Vand Cchako (Share with others)*

*A Sikh is a disciple of the Guru. A Guru is an exalted master who shows the way to the enlightenment and union with God. A Sikh submits to the Will of God & seeks the company of the enlightened to help him remain True to the teachings of this Guru. A Sikh contemplates on the eternal soul of God through Gurbani (Guru's Word) and sings verses from Guru Granth Sahib (Sikh Holy Scriptures) in praise of God.*

*The Gurus encouraged Sikhs to become fully integrated in the communities in which they live, while not forgetting their spiritual path. Sikhs are encouraged to serve the community at large & to earn an honest living, while sharing their earning with the less fortunate.*