



Year 8
RE Pack
June-July 2020
Sikhism

Name.....



What do Sikhs believe?





- This symbol is called the **Ik Onkar** and appears at the beginning of the Sikh statement of what they believe.
 - It means, "**One God**".
 - It is written in the **Gurmukhi** script.
- The Ik Onkar will be found in Sikh homes and gurdwaras and on Sikh objects.

The Mul Mantar

ੴ
ਸਤਿ ਨਾਮੁ
ਕਰਤਾ ਪੁਰਖੁ
ਨਿਰਭਉ ਨਿਰਵੈਰੁ
ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ
ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

One God
True Name
Creator Being
Without Fear
Without Ill Will
Timeless Being
Beyond Death and Birth
Self-Created
Through God's Grace

- This is the Sikh statement of belief. It sums up what Sikhs believe God to be like.

What is the Amrit?

- The **Amrit** is the ceremony of initiation into the Sikh community or **Khalsa**. It can be undertaken by anyone old enough to understand the promises they are making.
- The Khalsa was first formed by Guru Gobind Singh.



Some vows taken when becoming a member of the Khalsa:

- Wear the Five K's
- Do not take drugs or intoxicants (e.g. Alcohol)
- Follow the teachings of the Guru
- Regard all as sisters and brothers

Both men and women who decide to follow the Sikh faith are expected to wear the Five K's.
These are a bit like a 'uniform' for Sikhs.



The first K - Kachera

- The Kachera is a loose undergarment. It is a bit like a loose pair of shorts.



They were more practical than the long, loose clothes most people in India wore at the time of Guru Gobind Singh.



The Guru said they were a symbol that Sikhs were leaving old ideas behind, following new better ones.



The second K – Kesh uncut hair

Kesh includes all facial and body hair. Kesh is to be kept completely uncut.

This means that a Sikh never cuts, removes, or alters any hair or the head, face or body.





The third K - Kanga

- The Kanga is a wooden comb.
- Sikhs comb their hair in the morning before tying a turban (if they are male), and generally at the end of the day, before sleeping.



The fourth K - Kara



- A kara is an iron or steel bangle worn on the wrist of the right arm.
- It is a visible reminder of God who, like a circle, has no beginning and no end.



The fifth K - Kirpan



A kirpan is a short sword worn by Sikh. It is not to be used to attack anyone – only to defend those who are vulnerable or who threaten what a Sikh believes in.

As it is not really acceptable in modern western society to walk about with a huge sword in one's belt, or for children to carry weapons, how do western or young Sikhs honour this rule?

Why wear the five K's?

- What do you think this young Sikh would say if you asked him why he wore the five K's?



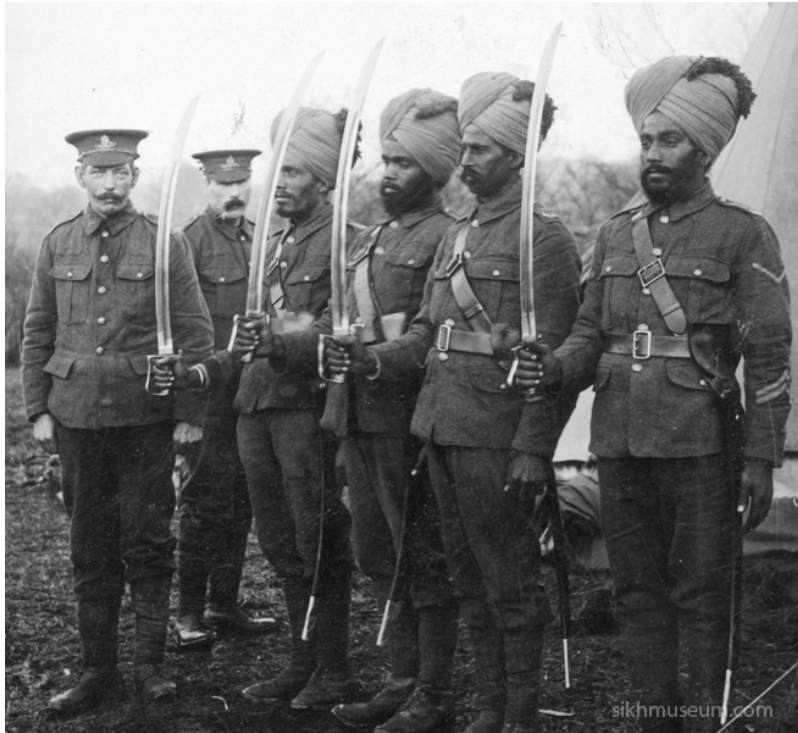
What else do Sikhs believe is important?

- Think about what we have already learned about the activities which take place in the gurdwara.
- How, apart from wearing the Five K's and avoiding drugs and alcohol, might a Sikh be expected to behave once he or she becomes a member of the Khalsa?



How might Sikhs put their beliefs into
action today?

Fighting for what is right?



The message of the Sikh faith, although peaceful, has a strong theme of justice running through it.

The tenth and last living Guru, Guru Gobind Singh, is famous for saying that **if all other means fail, the raising of the sword is just.**

During British rule in India, Sikhs became loyal to the British and made up a large proportion of the British Indian Army, fighting in both World Wars.



- Khalsa Aid is a Sikh charity set up in the UK in 1999 by young Sikhs in London, who were shocked by television reports of the suffering of people in Bosnia.
- They knew that the teaching of the gurus was to serve all humanity – not just the Sikh community.
- So ten Sikh volunteers filled trucks with relief aid and food which were taken to Bosnia.
- This is how Khalsa Aid began. Since then, Khalsa Aid has helped provide relief in many areas of great need.



Khalsa Aid is currently working to help bring relief to the people affected by the typhoon which hit the Philippines last week.

All of Khalsa Aid's workers are volunteers – no one is paid.

Their work is a form of 'sewa' or service, which they have promised to perform as an important part of being a Sikh.

Khalsa Aid volunteers take time out from their regular commitments to serve in this way.

KHALSA AID PHILIPPINES APPEAL

Super typhoon Haiyan struck the Philippines on 08-11-2013 leaving behind a trail of death and destruction.

The most recent estimate is that 4 million people are affected and that over 10,000 people have lost their lives.

Khalsa Aid will be working closely with the local organisations in the typhoon hit areas to provide Sanitation and other vital aid to the victims.



PLEASE MAKE A DONATION TODAY

Donate Online: www.justgiving.com/khalsaaid/donate

Or at any Barclays Bank into the following account:

Khalsa Aid **Account Number:** 20209171 **Sort Code:** 207858

W W W . K H A L S A A I D . O R G

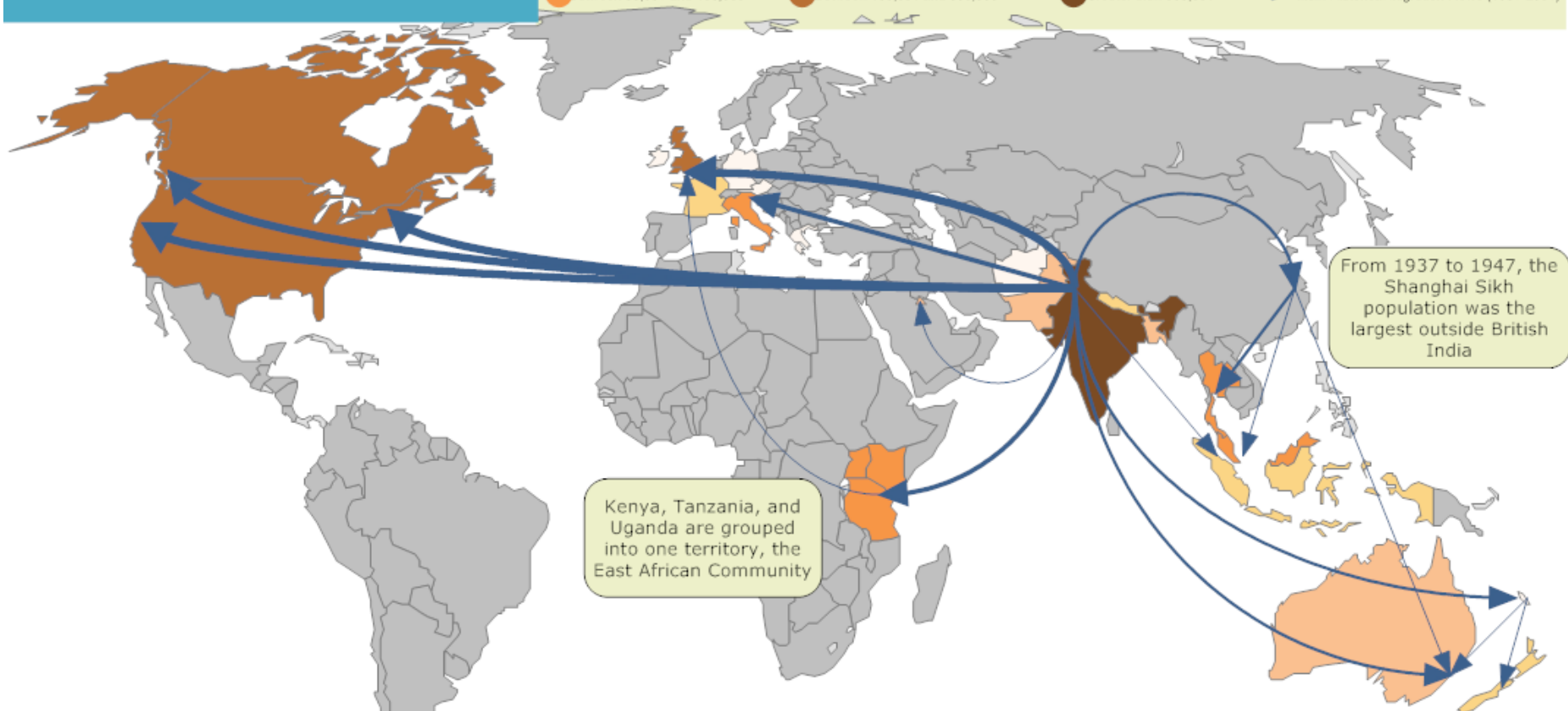
Contact Khalsa Aid:

Khalsa Aid, Office 7, 111 Whitby Road, Slough, Berkshire SL1 3DR
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DESIGN & PRINT: 07940 430 909
TSDESIGNS.co.uk
DESIGN | WEB | PRINT

Estimated Sikh Population Areas (2004)

Key



Khanda Symbol

Chakkar

A circle. This reminds Sikhs that God **eternal**, which means is without beginning or end.



Khanda

A double edged sword that reminds Sikhs that God is powerful.

Kirpans

Two swords. They remind Sikhs that they have to fight for truth and what is right sometimes.

Title: Guru Granth Sahib

What do these things have in common?



Bowing to the queen
when you meet them.



A throne.



The Pope carried in a
grand procession.



A red carpet



Saluting



Medals

What does the name mean?

WRITE THIS DOWN

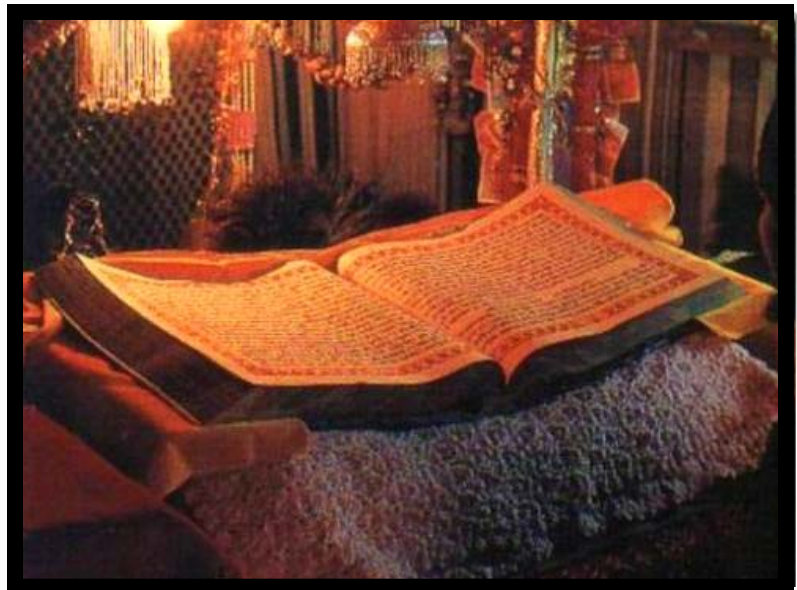
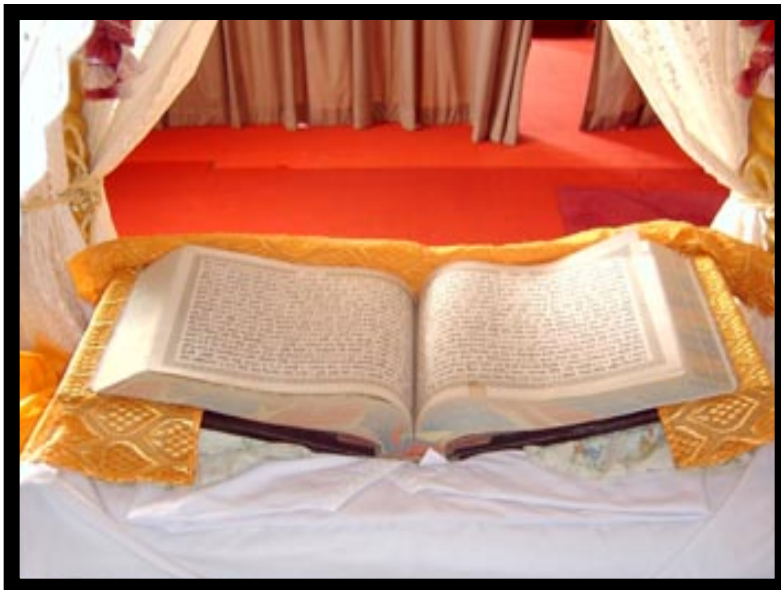
- **Guru:** taking away darkness and bringing light
- **Granth:** Collection
- **Sahib:** a title showing great respect, like 'Sir'



The Guru Granth Sahib

The **Guru Granth Sahib** is the Sikh holy book.

To Sikhs, it is more than just a book. It is the actual Word of God and is considered to be the modern day equivalent of the living Guru. It plays a central role in many areas of a Sikh's life.

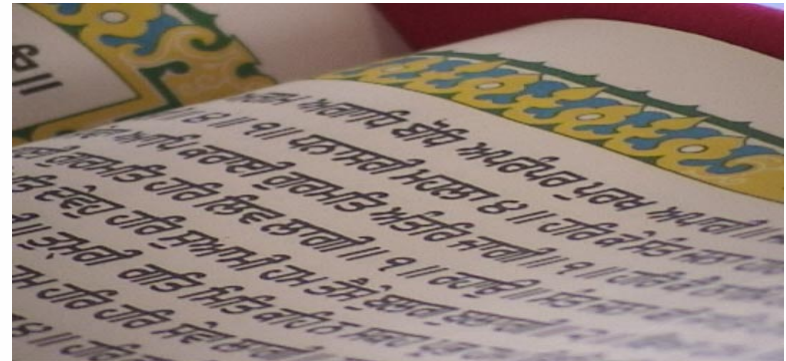


About the Guru Granth Sahib



Every copy of the book has exactly the same number of pages, 1430 in total. Every page of the book is the same in every copy.

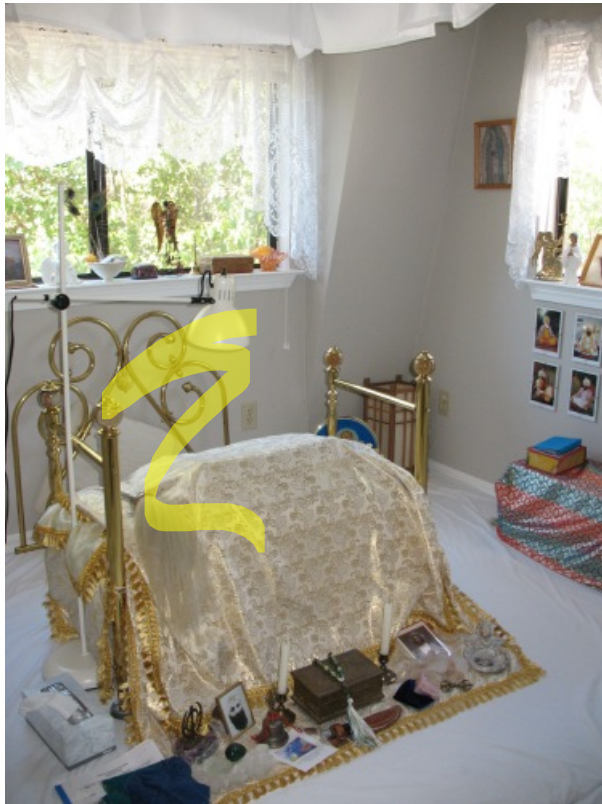
The original copy of the book still exists and it from this that every copy is taken.



The book is written in a special version of Punjabi called Gurmukhi (which was invented by the second guru).



Respecting the Guru Granth Sahib



In a **gurdwara**, the Sikh place of worship, the room that the book is put in when it is not in use often contains a small bed, where the book is laid. This room is often very lavish with sheets of silk on the bed and gold leaf on objects.



WHAT IS THE LANGAR?

<https://www.youtube.com/watch?v=QbjHg73XW3I>
BBC

<https://www.youtube.com/watch?v=IcNDjN1Gfc>

- The langar is a community kitchen in the langar.
- Food and help is given by local Sikhs.
- Anyone can go to the langar. No one is judged.
- Sharing food is an important part of Sikhism.
- You will find a langar in every Gurdwara around the world.



When Guru Nanak was small his father gave him 20 rupees and told him to go and try to get a job, so Nanak went to the town near where he lived. He saw some safoos (spiritual people). They were hungry, and hadn't had enough to eat for days, so Guru Nanak thought: 'What if I gave them food today?' So he took his 20 rupees, bought food for them and they were really happy. Guru Nanak kept up with this generosity and set in motion the origins of the langar- aiming to feed everyone and anyone, and create equality.



The langar in the Gurdwara is where food is donated through the Sangat (Sikh community). They bring food with them, whether it's milk, lentils, rice, salad- and then what the gurdwara does is create langar.

In the gurdwara you will find a prayer hall and a kitchen/ communal eating hall (the langar) which is about the same size. The food and the room where it is served are both called the Langar. Sikhs believe that the langar is about much more than providing food for those in need. They believe that they have a duty to follow the example and instructions of the Gurus. A belief in equality is at the heart of Sikhism.

Sometimes you get people who are homeless who may not have had a meal for a long time; you can see the look of relief that they are getting a full meal. It's not our kitchen it is the Guru's kitchen, the Guru's kitchen is providing for everyone

Langar is what you will find in any gurdwara- and it is free and open to anybody- so we will have langar on lunchtimes and there will always be one in the evening.



Traditionally the langar has always been where people sit on the floor and the food is served. It is a sign of equality. They receive the same food, (always vegetarian) from the same dishes, served in the same place. Langar is always about inclusion not exclusion.



Around the time of Guru Nanak it was forbidden for people of different castes to eat together so the act of all eating together on the floor was a powerful symbol of equality. It emphasizes the ONENESS of God and the ONENESS of humanity

The preparation of the langar is undertaken by a group of volunteers, they will recite hymns during its preparation (Naam Japna) Guru Nanak started the tradition and the third Guru Amar Das made it a compulsory part of Sikh worship.

A visit to the Gurdwara is considered incomplete without Langar. It is believe that Emperor Akbar (a Muslim) ate langar before meeting Guru Amar Das he was so impressed he donated several acres of land to the Guru.



1. Create a list of 10 words that summarise what the langar does.
2. What are the origins of the langar refer to both Guru Nanak and Amar Das.
3. Read all the accounts in the speech bubbles on the other side of this sheet. What do the speakers get from being part of the langar? What do you think they hope to give to others? Create a word cloud (wordle) to show your ideas.
4. The langar takes up as much space in the gurdwara as the prayer hall. What does this tell you about the value Sikhs place on hospitality and generosity to others.
5. Write a couple of paragraphs about how the langar reflects Sikh teachings. Include all the words and phrases in the table to the left.
6. Look at the pictures on this page write a few sentences about how they reflect the principles of the langar.

Naam Japna	Vand Chakkna	Kirat Karna	Equality/caste differences	sewa	service
generosity	Example of the Gurus	Guru Nanak	Guru Amar Das	vegetarian	Sit in rows

Reading and writing task:

1. Create a list of 10 words that summarise what the langar does.
2. Where does the idea of the langar come from?
3. Read all the speech bubbles on the sheet. Why is the langar important to Sikhs? *The langar is important to Sikhs because...*
4. The langar takes up as much space in the Gurdwara as the prayer hall. What does this tell you about the value Sikhs place on hospitality and generosity to others?
5. Write a couple of paragraphs about how the langar reflects Sikh teachings. Include all the words and phrases in the table to the left.
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WRITE IN FULL SENTENCES