

Tuesday, 23 June 2020

Unit: Sikhism

LANGAR

Starter: draw or write what
you understand by the word
EQUALITY.

WHAT IS THE LANGAR?

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

https://www.youtube.com/watch?v=_IcNDjNIGfc

- 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.

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.

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



Around the time of Guru Nanak it was forbidden for people of a 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

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.

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.
6. Look at the pictures on this page write a few sentences about how they reflect the principles of the langar.

All

WRITE IN FULL SENTENCES