

### The Origins of Sikhism

Sikhism is over 500 years old and started in the Punjab region of India.



Sikhism was founded by Guru Nanak. He made a 30 year journey across India debating with other people and the result was this new route to spiritual fulfilment and way of life.



Sikh people believe that everyone is equal and shares the same rights and responsibilities.



### Vocabulary you will know...



|                |  |
|----------------|--|
| Langar         | Free community kitchen for all.                  |
| Gurdwara       | Where the Sikh community worship.                |
| Service (seva) | The action of helping or doing work for someone. |



### Vocabulary you will hear...



Values, commitment

### Emblem of Sikhism

**The Khanda**—a double edged sword. Represents the belief in one God.

**The Chakkar**—Like with the Kara it is a circle representing God without a beginning or end.

**Two crossed Kirpans** (swords) - represent spiritual authority and political power.



### Langar

The langar is a free food kitchen.

It is a community act of service or 'seva' for Sikhs.

Every Gurdwara has a kitchen.

Anyone can eat Langar as long as they are willing to eat with everyone else.

Langar is used as an opportunity to feed the poor, needy and homeless.

Our Sikh community in Preston, frequently participates in Langar.



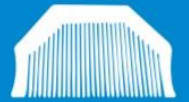
Sikhs have five physical symbols of their faith known as the five K's.

The **SIKH**  
5 K's

**Kes** - uncut hair covered with Turban/head covering



**Kara** - iron bangle that reminds Sikhs to do good and remember God in their actions



**Kanga** - wooden comb used twice a day to comb hair



**Kirpan** - small sword worn at all times as a reminder to stand up against oppression



**Kashera** - underwear that represents modesty and self restraint to live a pure and honest life

