

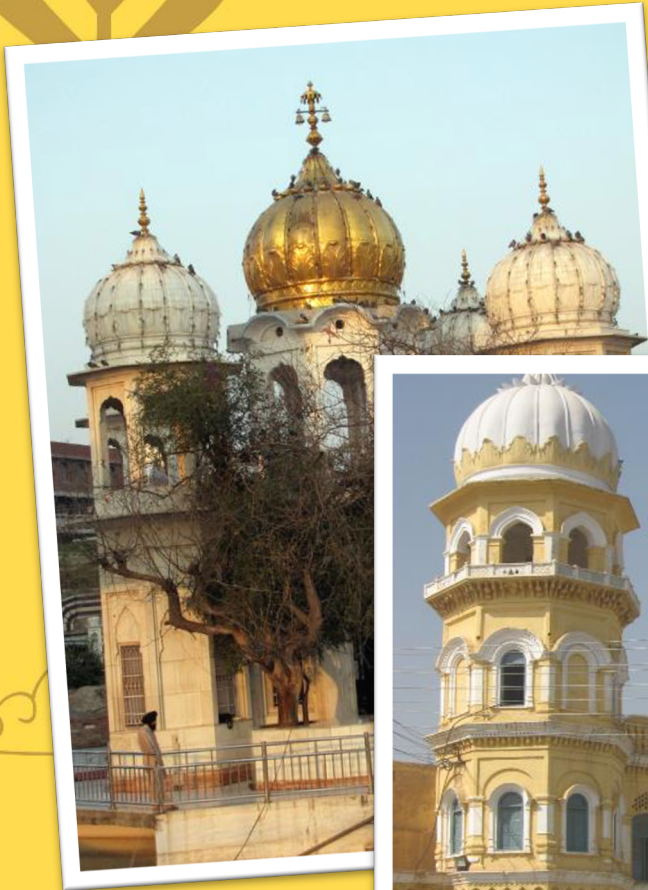


All about.....

being Sikh.



A gurdwara - Sikh place of worship.





Showing Respect

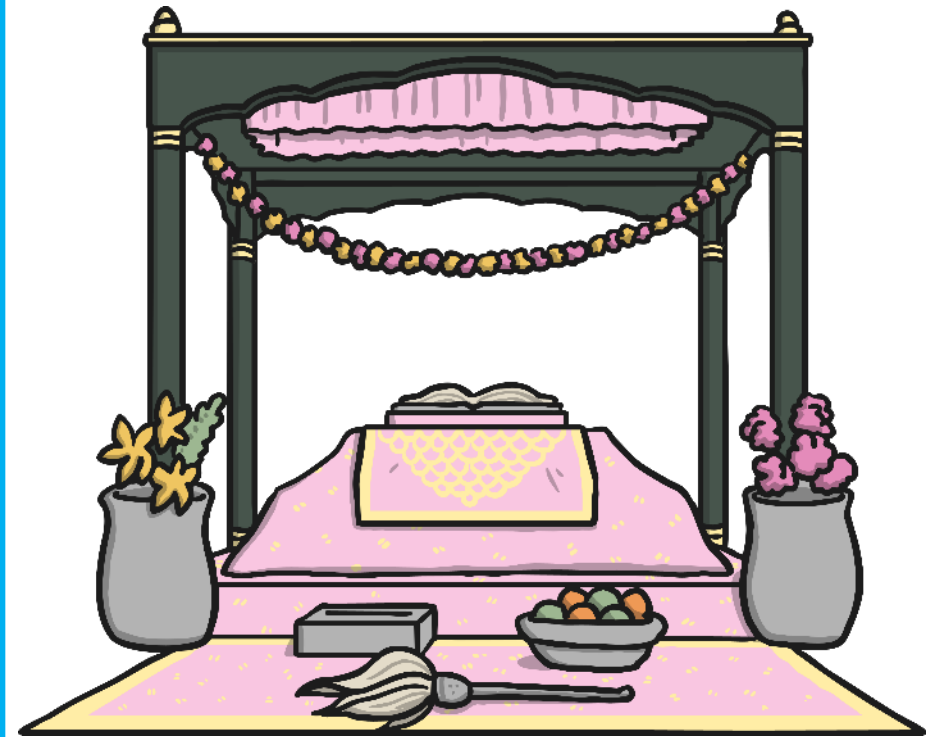


Anyone is welcome in a gurdwara but there are certain rules to follow:

- Cover your head
- Take off your shoes and wash hands and feet before entering
- When you enter the main prayer hall, bow in front of the holy book, touching the floor with your forehead
- Sit quietly on the floor with your legs crossed, facing the Guru Granth Sahib
- Never point your feet at the Guru Granth Sahib as this is disrespectful
- Men and women sit in different places

Inside a Sikh gurdwara.

Guru Granth Sahib.
(Sikh Holy book)



Flags

Gurdwaras fly flags outside to show that they are a special place of worship. The flag contains the Sikh symbol.



Guru Granth Sahib

This is the Sikh holy book. It is treated like a person and even has its own room during the night. The book is placed on a raised platform under a canopy and covered with an expensive cloth during the day

Why do people go to a Sikh gurdwara?

Many Sikhs visit a gurdwara for worship.

The morning service begins with singing a hymn, there is also a religious talk (called a sermon), prayers are said then there are readings from the Guru Granth Sahib (the holy book). There is no priest as anyone can lead the service. Last of all, free food (langar) is offered to everyone so people can eat and spend time together. If you are Sikh you do not eat meat. (vegetarian)





Sikhs do not cut their hair (kesh) but let it grow as a symbol of their faith. As their hair will get very long Sikh men wear turbans to keep it tidy.



Sikh women may wear a turban or a scarf.





If you are Sikh you believe that
There is one God and
everyone is equal in God's eyes and so
everyone should be treated equally.
(the same)





shoes



wash



cover



bow

forehead

holy book
Guru Granth Sahib

cross legged



gurdwara

turban



vegetarian
langar

