

Gurdwara – Place of Worship

The Gurdwara is the name of the Sikh place of worship. It means “The Doorway to the Guru”. The central focus of the Gurdwara is the Guru Granth Sahib. Anyone is welcome to attend a Gurdwara as long as you cover your head with a head covering easily obtained at the entrance and remove your shoes before entering the building. *Langar* – free community kitchen where everyone is welcomed and can also be a shelter.

When entering a Gurdwara, remove your shoes and cover your head. Hats are not acceptable. Do not enter a Gurdwara after consuming alcohol, tobacco, or other. Wear modest clothing.



Nishan Sahib – the flag with symbolic khanda



**UNITED
SIKHS**

Recognize the Human Race as One

UNITED SIKHS is a UN-affiliated, international non-profit, non-governmental, humanitarian relief, human development and advocacy organization, aimed at empowering those in need, especially disadvantaged and minority communities across the world.

For more information on the Sikh faith please visit www.unitedsikhs.org

JAF, POB 7203, New York, NY 10116, USA

Tel: 1-718-441-6644

Toll-free: 1-888-243-1690 (US Only)

Fax: 1-810-885-4264

unitedsikhs-usa@unitedsikhs.org

International Civil & Human Rights Advocacy

Humanitarian Aid & Disaster Relief

Education & Empowerment

Donate TODAY! www.unitedsikhs.org/donate

Follow Us:



WHO ARE THE SIKHS



For further information visit:
www.unitedsikhs.org
contact@unitedsikhs.org

Recognize the Human Race as One

SIKH ORIGIN

The Sikh religion was founded in 1469 in the Panjab Region of the North West of India. The Sikh religion was revealed as a unique faith in the sixteenth century. The belief in God was inducted into a society when rituals and superstitions were synonymous to religion. Sikhism spread the message of equality when gender and caste bias was prevalent. Men and 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, discrimination based on caste, race, gender and/or ethnicity.

SIKH PHILOSOPHY



Guru Granth Sahib

Sikhism was revealed by the 10 Sikh Gurus (enlightened masters): Guru Nanak, Guru Angad, Guru Amardas, Guru Ramdass, Guru Arjan Dev, Guru Hargobind, Guru Har Rai, Guru Harkrishan, Gur Tegh Bahadur, and

Guru Gobind Singh. The Sikh Philosophy is written in the Guru Granth Sahib, a compilation of Sikh Holy Scriptures, which was completed in 1604. It is the eternal Guru or teacher of the Sikhs. Its 1,430 pages contain contemporaneous compositions of 6 Sikh Gurus as well as verses revealed by saints and sages of many religions. It is written in a poetic style which uses rhythms, symbolism, and metaphors to engage the heart, body and soul of the faithful.

Sikh philosophy encompasses many rights, which have only recently been recognized in Western democracies: for example, complete equality amongst humans and environmental protection.

FACT: Sikhs continue to practice their religion while contributing fully to society they live in.

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 ten Sikh Gurus, From Guru Nanak to Guru Gobind Singh, and the Guru Granth Sahib (scriptures) which is the Sikhs' eternal teacher and guide. A Sikh follows three basic rules in his daily life:

- *Naam Japo*- Meditate on the essence of the Eternal
- *Kirt Karo*- Earn an honest living
- *Vand Kae Chako*- Share with others

FACT: Sikhs practice complete gender equality. Every Sikh man and woman has the privilege to lead prayers at a Gurdwara (place of worship).



A Sikh is a disciple of the True (Absolute) Guru. A Guru is an exalted master who shows the way to enlightenment and union with God. A Sikh submits to the Will of God and seeks the company of a Guru. A Sikh contemplates on the external soul of God through Gurbani (Guru's word) and sings verses from Guru Granth Sahib (Sikh Holy Scriptures) in praise of God.

IDENTITY

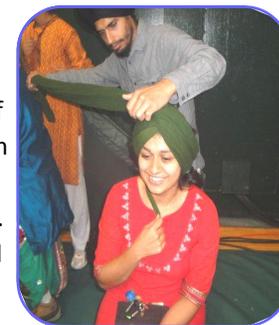
Male Sikhs have the common last name "Singh" and Female Sikhs have the common last name "Kaur"

Dastar- The Sikh Turban

Sikhs wear turbans to cover their uncut hair. The Dastar

SIKH WAY OF LIFE

or Sikh turban is the most recognizable feature of a Sikh. It is an integral part of the Sikh identity and is worn by a Sikh at all times, to cover the kesh (uncut hair). A turban cannot be covered by any other head gear or replaced by a cap or hat.



Tying of the Dastaar– worn by both males and females.

The Five Ks- Baptized

(Initiated) Sikhs are required to wear 5 mandatory articles of faith on their body referred to as the 5 K's .

1. Kesh – Sikhs are not supposed to trim, shave or cut any hair on their body. For male Sikhs, the hair is tied up in one neat knot on top of the head and covered by a Turban.
2. Kanga – A wooden comb kept tucked in the hair to remind a Sikh of their duty to remain self-disciplined.
3. Kirpan - A ceremonial sword worn as a reminder to uphold justice.
4. Kara – Iron/Steel band worn around the Sikh's dominant wrist to remind him that one has to follow the Sikh code of conduct and perform good deeds.
5. Kachera – Traditional military shorts are the best physical description. Maintain high morals and chastity is good.

