



# LANGGAR 2012

## SIKHS SERVING LANGGAR AND EMBRACING DIVERSITY FREE SIKH COMMUNITY MEAL FOR EVERYONE

### Langgar - Food to Change Thought

Do you know who's running with the Olympic Torch today? Well, one of them is 101 year old marathon runner, Fauja Singh, who is the oldest torch bearer at the London Olympics. If you haven't heard of him, check him out on You Tube at [www.youtube.com/unitedsikhstv](http://www.youtube.com/unitedsikhstv) Yes, to honour him the Sikh community is serving Langgar along key points of the 30 mile Torch Route today, 21st July 2012 – From Greenwich to Waltham Forest.

**What's Langgar?** It's a free community meal traditionally served at Sikh Gurdwaras. Today you and thousands others have been served Langgar in the shape of a vegetable Roti-Roll – chapati (unleavened bread) rolled with a mixed vegetables filling prepared at 14 Gurdwaras from across London, Essex and Reading. If you haven't got it yet, go ahead and ask our volunteers dressed in a yellow t- shirt with Langgar 2012 written behind it. If you fancy having Langgar again, drop in at a Sikh Gurdwara (place of worship) any day and you will have Roti served on a platter with other vegetarian dishes.

Langgar is a vegetarian meal made by volunteers at a Sikh Gurdwara and is free for everyone to enjoy. Langgar was established by Guru Nanak Sahib, the first Sikh Guru, more than 500 years ago to reject the prevalent caste system in India and everyone was served Langgar as they sat in a 'pangat' (cross-legged on the floor next to each other regardless of caste or creed). Hence Langgar was started as food to change the prevalent thought.



UNITED SIKHS Volunteers serving hot meals at a shelter home for Hurricane Katrina Survivors

Today, at every Gurdwara in the world Langgar continues to be served with humility and equality to anyone who attends a Gurdwara – worshipper or visitor. One is never too rich, nor too full to have it. Langgar is served to at least 80,000 people every day at the Golden Temple in Amritsar, Panjab. Travel writer, Paul Theroux, once wrote: 'No one goes to bed hungry in Amritsar.'

The first aid that Sikh charities provide in a disaster zone is Langgar. Read about it at [www.unitedsikhs.org/sikhaid](http://www.unitedsikhs.org/sikhaid) or on [www.youtube.com/unitedsikhstv](http://www.youtube.com/unitedsikhstv)

Langgar is prepared in Gurdwara kitchens run by volunteers who cook, serve and clean-up because it's their duty of love. 'Kirt Karo' (honest actions) and 'Vand CChako' (to share) are two of the three tenets a Sikh follows, the third being 'Naam Japo' (meditate).

It is not only Sikhs who practise the message of love conveyed through food. For centuries people have wanted to believe and fulfil their craving for selfless service in different ways. As a sign of gratitude, Christians fast over a period called 'Lent', as Muslims do in 'Eid Ul Fitr'. In the very symbolic story of 'Feeding 5000' Jesus fed the masses with merely five barley loaves and two small fish. Whether it is refraining from eating food, feeding thousands or serving our local community, food is used to communicate love. So, no matter who you are please join us in eating Langgar.

We Support Team GB.  
The Langgar 2012 Team



Recognize the Human Race as One

### VOLUNTEER & DONATE

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