

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

Sharing and Generosity in Sikhism

L.O: To recognise how Sikhs show their generosity?

Disposition: Sharing and being generous

Prepare for learning:

- ▶ Jot down some thoughts on each of the questions below:
- ▶ Is there anything that you do to help other people?
- ▶ Do you do anything to help at home without getting pocket money or asking for something in return?
- ▶ Why is it sometimes good to do something without getting anything in return?



Do you know what is happening in these pictures?



Langar

- ▶ In the image the man is serving food at a langar.
- ▶ Langar is the name given to the free meal prepared and eaten at the Gurdwara. It is a central part of the Sikh faith. Volunteers take it in turns to prepare and serve food.
- ▶ It was Guru Nanak (an important figure in the Sikh religion) who formalized the concept of the 'langar' - free kitchen.



Did you know this is a special plate called a 'Thala'. It is often used in the langar, so that a variety of different foods can be served on it as it has lots of little sections.



Vocabulary

Some terms which will be used today:

- ▶ Gurdwara: Sikh temple
- ▶ Guru Granth Sahib: Sikh holy book
- ▶ Langar: Sikh free kitchen
- ▶ Pangat: Sitting in rows
- ▶ Sewa: Selfless service
- ▶ Sewadar: Voluntary helper in the Gurdwara

We are going to watch a short video about 'Langar'. Remember to always show:



Whilst you are watching think about the questions below:

- ▶ What jobs did you see being carried out in the gurdwara?
- ▶ What values do you see in practise at the Gurdwara?



Click the link below to watch a video:

<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-the-gurdwara/zLqC8xs>

Feedback:

What jobs did you see being carried out in the Gurdwara?

- ▶ cooking
- ▶ cleaning the Gurdwara
- ▶ serving the food
- ▶ washing the dishes
- ▶ cleaning shoes

Feedback:

What values did you see in practise at the Gurdwara?

- ▶ kindness
- ▶ respect
- ▶ equality
- ▶ charity
- ▶ service
- ▶ hospitality
- ▶ selflessness

Task:

- ▶ Firstly read the information about Langan.
- ▶ You also have some links to follow if you would like to do extra research.
- ▶ Draw yourself a mini 'Thala' plate and annotate it with relevant information about the Langan. There is a slide after the text which has some questions to guide you.

The Langar

- ▶ Guru Nanak designed a way in which all people would sit on the floor together, as equals, to eat the same, simple food.
- ▶ It is here that all people, high or low, rich or poor, male or female all sit in pangat (row or lines) to share and enjoy the food together.
- ▶ The langar helps to ensure men, women and children participate in service for mankind.
- ▶ The langar or free kitchen was started by Guru Nanak.
- ▶ It is designed to uphold the principle of equality between all people of the world, regardless of religion, caste, colour, creed, age, gender or social status.

- ▶ The Langar expresses the values of sharing, community, inclusiveness and oneness of all humankind.

“...the Light of God is in all hearts.”

Guru Granth Sahib 282

- ▶ Absolutely anyone is welcome to the Langar; no-one is turned away.
- ▶ The food is usually served twice a day, every day of the year.
- ▶ Each week, a family or several families volunteer to provide and prepare the Langar. This is very generous, as there may be several hundred people to feed, and caterers are not allowed. All the preparation, cooking and washing-up is done by volunteers or voluntary helpers called Sewadars.

The langar must be:

- ▶ Simple vegetarian meals. If you look carefully at the picture of the thaal you will see a vegetable curry, a lentil curry, with chapatti and some plain rice.
- ▶ Prepared by devotees who recite Gurbani (hymns from the Guru Granth Sahib) while preparing the langar.
- ▶ Served after performing Ardas (prayers)
- ▶ Distributed in pangat (everyone seated in lines remember).
- ▶ All food must be fresh, clean and hygienically prepared.

Extra research if you would like to know more!

- ▶ <https://www.bbc.co.uk/newsround/45739314>
- ▶ <https://www.learnreligions.com/sikh-dining-tradition-of-langar-2993580>

The Sikh Langar

What does Langar represent?

Who was it established by?

What are the rules of the Langar?

What is 'Sewa'?

Who is welcome at the Langar?

Any other relevant information



Let's wrap it up.

- ▶ How important is the concept of 'Sewa' in Sikhism?
- ▶ What are your thoughts?
- ▶ Share them with me at y5remotelearning@thornton.bham.sch.uk