

What does it mean to be a Sikh in Britain today?



Quick summary

Sikhism is a young religion only 500 years old and comes from The Punjab, an area of Northern India.

The word Sikh comes from the Punjabi language meaning disciple.

Sikhism was founded by Guru Nanak (1469-1539) and it was shaped by his successors. Ten Gurus

<https://www.bbc.co.uk/bitesize/topics/zsjpyrd/articles/z6qqy9>

White turbans are worn to extend the aura and the person's projection. Pink and Red are associated with spring and are worn during that season or for marriage ceremonies. Orange and Navy Blue are traditional Sikh Khalsa colors, also worn on days of religious observance or special commemorative events. <https://www.bbc.co.uk/bitesize/topics/zsjpyrd/articles/z6qqy9q>

The 5 K's—The Markers of Sikh Identity

Kirpan - a short sword or knife, symbolises protection

Kesh - uncut hair (so Sikh's wear a turban to keep hair tidy)

Katcha - under garments

Kanga - wooden comb, symbolises cleanliness

Kara - a steel wrist band, symbolises no beginning and no end

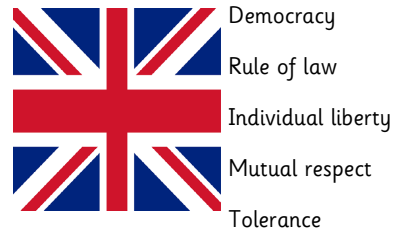
Keep God in your heart and mind at all times

Live honestly and work hard

Treat everyone equally

Be generous to those less fortunate than you

Guru Granth Sahib - The Holy Book



Big Questions

What matters most to Sikhs today?

Do Sikhs have to go to the gurdwara to worship their God?

Is it unholy to cut hair or get a tattoo in the Sikh faith?

What do Christianity and Sikhism share in common?

Why is only vegetarian food served in the gurdwara?



Special Objects

The 5 Ks

Mala—prayer beads

Chauri—fan from tail of a white horse waved over scriptures to show respect

Channani—canopy to cover Guru Granth Sahib

Nishin Sahib—Sikh flag. The Sikh symbol is of a double edged sword and 2 single edged swords

Rumala—square piece of silk to cover the Guru Granth Sahib



Festivals & Special Places

Diwali—October festival of Light (story of Haragobind is told)

The Golden Temple - Pakistan

Prayer Tree - outdoor classroom

Vaisakhi—April Harvest Celebration

Guru Nanak's Birthday—October



Special People & Gods

Guru Nanak - Founder of Sikhism

Sikhs believe in one God—

Waheguru

Sikhism has 10 Gurus.

The 5 K's

Kirpan

Kesh

Katcha

Kanga

Kara



Vocabulary



Main Beliefs



Special Stories