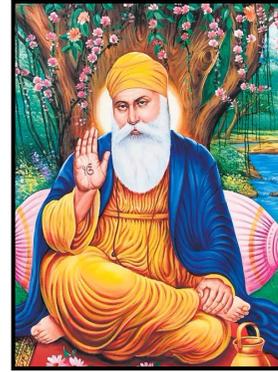


# Sikhism and the Gurdwara



Guru Nanak is the founder of Sikhism.

Guru means ‘teacher’.

Sikhs believe in one God who guides and protects them. They believe everyone is equal before God. Sikhs believe that your actions are important and you should lead a good life. They believe the way to do this is:

- 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
- Serve others



Guru Granth Sahib is the Sikh holy book and the Gurdwara is their place of worship.

## The 5 Ks

Kesh  
= hair



Kangha  
= comb



Kara  
= bangle



Kachera  
= shorts



Kirpan  
= sword



## Key words and phrases

<b>Mool Mantar</b>	A prayer that is at the beginning of the Guru Granth Sahib. It was written by Guru Nanak .
<b>Ik Onkar</b> 	The symbol is an emblem of the Sikh religion and is found on Gurdwaras around the world. It means ‘God is one’.
<b>Amrit</b>	The Sikh ceremony of initiation or baptism.
<b>Langar</b>	The free community kitchen within a gurdwara.
<b>Sewa</b>	Acting selflessly and helping others in a variety of ways, without any reward or personal gain.