



THE HUME INTERFAITH NETWORK

invites you to a

PLACE OF WORSHIP TOUR

to the Sri Guru Singh Sabha Gurudwara
(Sikh Temple)

This informative tour will allow you to observe and experience the rituals, customs and ceremonies of the Sikh faith. The tour will commence at 11am sharp and will go for approximately two hours including a complimentary vegetarian lunch.

Date: Sunday 23rd April

Where: Sri Guru Singh Sabha Gurudwara
344 Hume Highway, Craigieburn

We are offering a free shuttle bus for those who do not have their own transportation (bookings essential)

Meet At : Hume Global Learning Centre
1079 Pascoe Vale Road
Broadmeadows

Time: Strictly 10am departure for shuttle bus

RSVP: Seats on the bus are limited, please respond by 14th April to avoid disappointment!

amandav@hume.vic.gov.au or 9205 2200

Please read the information on the back before visiting the Gurudwara



Dress Code:

- ☑ All (females & males) to cover head, shoulders, elbows and knees at all times inside the temple
- ☑ Shoes to be removed and hands washed on entry
- ☑ Scarves will be provided if required

New Visitors

All visitors to a Sikh Gurudwara should be aware of the following guidelines when visiting: Please dress appropriately so that you can comfortably and with decency sit on the carpeted floor. It is recommended that all visitors to the Gurudwara wear loose fitting clothing which covers most of your legs. Low hanging or tight-fitting pants/trousers may not be suitable. Please try sitting on the carpeted floor at home for a short period to see if the clothing is suitable.

All visitors entering the Main Prayer Hall, called the Darbar Sahib and the Dining (Langar) Hall will have to remove their shoes and place them in the shoe racks provided. Strictly No Smoking is allowed in the vicinity of the Gurudwara premises. Visitors cannot enter the Gurudwara while under the influence of Alcohol or Drugs. You should not take cigarettes or tobacco with you into the premises or smoke while near the Gurudwara or shortly before going into the Gurudwara. All visitors **MUST** cover their heads while in the main Gurudwara areas ie: (Darbar Sahib and Langar Hall).

Head covering for men/boys will normally be available in the Gurudwara but a large knotted handkerchief is acceptable. (The Gurudwara may provide handkerchief sized cloth to cover the head). Other hats and caps (eg baseball-style caps) may not be appropriate (please check with the Gurudwara officials). Sikh men normally wear a Turban. Women/Girls will need to wear a headscarf. The Gurudwara usually has a box of scarves, but you could bring your own headscarf for this purpose. Sikh ladies usually wear a "Chunni", which is normally a long, flowing semi-transparent plain cloth with a decorated, veiled edging. Chairs are not provided in the Gurudwara and so, when sitting, this will be on the carpeted floor both in the Main Prayer Hall (Darbar Sahib) and in the Langar Hall. (A few chairs may be available in the Langar Hall for visitors who have difficulty sitting on the floor due to old age or other medical conditions).

On first entering the large prayer room (called the Darbar Sahib), a small bow to the Guru Granth Sahib (the holy book) shows respect to the host community. Backs should not be turned on the Guru Granth Sahib or the soles of the feet pointed towards the Sikh holy book when sitting on the carpet. It is normal to sit cross-legged yoga style. It may be a good idea to practise this at home if possible before your trip to the Gurudwara. Visitors will usually be offered Kara Parshad (sweet flour and oil based food offered as a gift) in the worship hall, which is usually given in cupped hands and eaten with the right hand. If you are uncertain about your ability to eat a lot of this food – say “very small portion” to the Sewadar (volunteer) serving the Kara Parshad. You should take a small plastic bag, or ask for one from the Sewadar (volunteer) serving the Kara Parshad, to save your Kara Parshad if it is not to your taste. Please do not refuse it or throw it away.

You may be offered Langar (vegetarian food from the communal kitchen). If uncertain about consuming this food you can ask to be excused although most people should take Langar as it is regarded as a blessing by the Guru. When in the Langar Hall, it is better to ask for less rather than take too much and waste the food. Say “very little” to the Sewadar (volunteer) serving the Langar. If you require more later, just wait for the Sewadar to come around.