

Lesson 2: What is langar?

One very important part of the Sikh temple that we missed out last week is the **langar**.



What is the langar?

The langar is run by Sikh volunteers and funded by donations from visitors and Sikh worshippers.



It is so important to the gurdwara as it gives a place for people to meet and feel welcome. It creates a sense of community and can help those who may not have enough to eat at home.

The food in the langar comes from India where many Sikhs have their roots.

It is always vegetarian and can include curries, dhal (lentils), yogurt, rice, samosas, naan bread and pickles.

Langar is part of the Sikh commitment to **seva**.

What is seva?



As you watch the video use this as a space to make notes

Look for evidence of how the Sikh community helps people and how they are welcoming to people.



Stories of Local Pride – The Midland Langar Seva Society

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