

THE LANGAR OR FREE COMMUNITY KITCHEN.
We All Love It But Why Do We Have It...?



The langar or free kitchen was started by the first Sikh Guru, Guru Nanak Dev Ji. It is designed to practice the principle of equality between all people regardless of religion, cast, creed, gender or status. For the first time in history the Guru designed an institution in which all people would sit on the floor 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 on the same floor in rows to eat together.

- The principle of Guru Ka Langar is so important that even when the ruler of India Emperor Akbar visited Guru Amar Das Ji, he too made to take Langar before Guru Ji would see him. Hence the mighty ruler of India also sat amongst the common people as an equal and had the same simple food. So impressed was he by the Langar that he offered a great amount of wealth as a contribution to it's running.
- The Langar is run by seva 'selfless service' by the Sikhs and others who wish to help. It is a community kitchen and anybody can help in it's running, thus attempting to destroy their ego by the service of humanity.
- When President Nasser of Egypt visited the Golden Temple he was so touched to see so many Kashmiri Muslims, Hindu's, Christians and Sikhs sitting together to eat in the Langar that his party left all the money they carried with them as a contribution to it's running.
- Bhai Desa Singh in his Rehitnama says, "A Sikh who is well to do must look to the needs of a poor neighbour. Whenever he meets a traveller or a pilgrim from a foreign country, he must serve him devotedly.

Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh