



### VISITORS GUIDE

All visitors are welcome to the Gurdwara, from any religion, race, ethnicity and gender, and everyone must observe the following, based on the Sikh Rehat Maryada (Code of Conduct):

#### **Before entering the Gurdwara**

- You must not bring any alcohol, tobacco, vaping products, or any drugs (controlled substances) to the gurdwara premises, including the car parks. You must also not be intoxicated or under the influence of any of these.
- Cars must be parked within the designated spaces in the Rear or Council Car Park and not on yellow lines. If you are coming by coach, there are dedicated bays on the left past the main gates, before you reach the main building.
- Please do not park in the disabled bays unless you have a Blue Badge.
- You should cover your head with a scarf, cloth or bandana upon entering the Gurdwara. If you do not have one, clean scarves are kept in baskets near the entrance. After use, they must be placed in a separate basket marked "Used". Hats and caps are not suitable.
- You should remove your shoes and place them in the racks on the Ground floor near the entrance, or on the First floor, and wash your hands before going to the prayer hall.

#### **In the Diwan Halls (Second floor)**

- When you enter the Diwan (prayer hall), it is customary to acknowledge the Sri Guru Granth Sahib Ji (Sikh scriptures). Most do this by walking to the front and bowing before the Palki upon which Sri Guru Granth Sahib is enthroned. If you do not feel comfortable bowing, we ask you to respectfully walk to where you will sit and face the Palki.
- You must not sit with your feet pointing towards the Sri Guru Granth Sahib, or sit or stand with your back toward the Sri Guru Granth Sahib.
- Do not walk up onto the podium or stage inside the prayer hall.
- If you bring a Ramaala Sahib, this must always be treated with respect, and NOT placed on the floor or handled with unwashed hands.
- When paying your respects in the Diwan Hall, you must not approach the Giani, Granthi or Jatha. You may place money offering to the Jatha at arm's length in the tray at the front of the stage. Please refrain from talking whilst prayers are taking place in the Diwan Halls.
- During the Ardaas and reading of the Vaak, you must remain still and refrain from moving around. Everyone will stand for the Ardaas, and sit for reading of the Vaak.

Please speak to any of the Sewadars (Volunteers) if you require information or assistance during your visit to Siri Guru Nanak Darbar Gurdwara

[www.GuruNanakDarbar.org](http://www.GuruNanakDarbar.org)



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### Langar (Langar hall is on First floor)

- Any person can take part in langar, the free community kitchen and meal prepared by sewadars (volunteers) and served in the gurdwara every day.
- You should take a tray and spoon at the start of the serving counter, and will be served the food by sewadars. Please only take as much food as you will eat, to avoid wastage.
- Any food donations can be left on the designated trolley near the entrance, or outside the Diwan Halls on the Second floor.

### General

- The Sangat must follow any instructions provided to them by sewadars and management team. You must always remain respectful to Sewadars.
- You may take pictures of yourself or your fellow visitors, which must be of a respectful nature, reflecting that you are attending a place of worship. Separate and fuller guidance is available for photographers and videographers attending weddings at the Gurdwara, which must be adhered to, or may result in the photography and videography being halted. Pre- and Post-wedding photo shoots are not permitted at the Gurdwara.

## THREE PRINCIPLES OF SIKHI

### KIRAT KARNI

**To work and earn by the sweat of the brow in an honest way, to live a family way of life, and practice truthfulness and honesty in all dealings is what Kirat Karni stands for.**

### NAAM JAPO

**Naam Japo – is the remembrance of God by repeating and focussing the mind on His name or identity. A Sikh should engage in Naam Simran as part of everyday routine.**

### WAND KAY SHAKO

**The term “Wand kay Shako” means to share one’s wealth with others in the community, to give to charity, to distribute in Langar (free Kitchen) and to generally help others in the community who need help.**