



RELIGIONS OF THE WORLD

and the

Golden Rule

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Study Guide

SIKHISM “Don’t create hatred with anyone as God is within everyone.”

February 7, 2024 | franparkcenter.org/golden-rule-2024

A Dream in Doubt – video clip – <https://www.youtube.com/watch?v=w8baObCqoco>

Rana Singh Sodhi’s journey to fight the hate that continues to threaten his community. When his brother is murdered in America’s first post-9/11 revenge killing, Rana begins a journey to reclaim his American dream and fight the hate that continues to threaten his community. This clip from the 2007 documentary, “A Dream in Doubt,” chronicles the first victim in the U.S. of a post- 9/11 hate murder: a Sikh-American whose turban and beard mistakenly symbolized for some America’s new enemy. **(The PBS video is no longer available online.)**

- Guru Nanak – 1469-1539
- Ten gurus
- Golden Temple, Amritsar, Punjab
- Guru Granth Sahib
- Singh, Khalsa, Kaur

God - There is only one God; God is without form, or gender; Everyone has direct access to God; Everyone is equal before God; A good life is lived as part of a community, by living honestly and caring for others; Empty religious rituals and superstitions have no value

Living in God and community

Sikhs focus their lives on their relationship with God, and being a part of the Sikh community. The Sikh ideal combines action and belief. To live a good life a person should do good deeds as well as meditate on God. Sikhism doesn’t ask people to turn away from ordinary life to get closer to God. In fact it demands that they use ordinary life as a way to get closer to God. A Sikh serves God by serving (seva) other people every day. By devoting their lives to service they get rid of their own ego and pride.

The **three duties** that a Sikh must carry out can be summed up in three words; Pray, Work, Give.



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Nam japna: Keeping God in mind at all times.

Kirt Karna: Earning an honest living. Since God is truth, a Sikh seeks to live honestly. This doesn't just mean avoiding crime; Sikhs avoid gambling, begging, or working in the alcohol or tobacco industries.

Vand Chhakna: Literally, sharing one's earnings with others. Giving to charity and caring for others.

Source: <https://www.bbc.co.uk/religion/religions/sikhism/beliefs/beliefs.shtml>

Five Ks of Sikhism

1. The **Kesh** is the Sikhs hair that they promise not to cut.
2. The **Kanga** is a small comb that the Sikhs use to keep their hair tidy. It is also a sign of cleanliness.
3. The **Kara** is a steel bangle worn on the right arm. It is a closed circle with no beginning and no end: As with God there is no beginning and no end. It is a reminder to behave well, keep faith and restrain from wrongdoing.
4. The **Kaccha** (Kachera) is a loose white cotton under garment.
5. The **Kirpan** is a warrior's sword, which is not to be used to cause any harm. It symbolizes bravery.

Video: Sikhs in America - <https://www.pbs.org/video/viewfinder-sikhs-in-america/>

The Sikh community is an important part of northern California's cultural tapestry, yet the Sikh religion and cultural traditions are not widely understood. This documentary captures Sikh social and family life, spiritual life, and economic and work life. Witness a beautiful Sunday service at a gurdwara, a Sikh wedding, the tying of a Sikh turban, and a look at the game Kabbadi.

To view recordings of the classes, please visit: franparkcenter.org/golden-rule-2024



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