

NEWSLETTER

Central Gurdwara Resource Centre

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July 1997

The Newsletter for the Sikh Youth of Today

Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh

Welcome again to our regular newsletter. Do remember, if you would like to receive the newsletter every month, then please do subscribe using the form below.

This month you will notice that we have listed various Gurmat Camps that will be held in the Summer. I encourage you all to take part in these worthwhile activities.

An exciting new development will be introduced this summer in the shape of the Akaal Purakh Ki Fauj camps - these are a series of camps which will cater for different age groups and will be held in the South East area. The emphasis will be on living in the Sikh way of life in the 21st Century. In addition to Gurmat lessons, there will be activity based lessons and will encourage the development of important life skills, from leadership and team working to first aid. Do contact us for more information on either attending the camps or helping out in the camps.

New in the Sikh Resources section this month is the Sikh Stories for all Video - Vol. 1, which tells the story of Baba Deep Singh with various photos to compliment the imaginative story-telling. The half an hour video is a great way for youngsters to learn about this great character in Sikh history. I look forward to many further volumes of

this video series.

This month we have for you the final instalment of the translation of Sohila. We also have some interesting thoughts on how we may discriminate against people in our minds. But we must remember the important teaching of equality.

Last month we started to talk about "Truthful Living". We said that Guru Nanak gave us the teachings of Naam Japna, Kirat Karni and Vand Chhakna and keeping these teachings in mind we will be able to live a truthful life. So what do we really mean by a truthful life?

Satnaam - means The Name is True or "God is True" - so then we can also say that "Truth is God" So if we find the Truth about our lives then we shall have found God. This is the journey to Realising God that we have talked about before.

"Aad such, Jugaad such, Hai bee such, Nanak ho see bee such" Guru Ji tells us from the beginning of time to the infinite future God is True, whereas we are only here for such a short time. We must realise how small a part of God's Creation we are. And realise that God is the only Truth everything else is just illusion (Maya) and will soon disappear.

Bhupinder Singh



*Baba Deep
Singh Ji*

This is YOUR newsletter please do send us your comments, articles & poems.

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Bhupinder Singh, Central Gurdwara Resource Centre
62 Queensdale Road, London W11 4SG

I enclose £ _____ as a donation to the Central Gurdwara Resource Centre (cheques should be made payable to "Central Gurdwara London") ALL funds raised will be used for the newsletter and other youth activities ONLY

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Sohila

part 4 of 4

We have reached the final instalment of the Sohila, the song of praise, the hymn which is recited at the end of every day by Sikhs all over the world.

ਰਾਗੁ ਗਉੜੀ ਪੂਰਬੀ ਮਹਲਾ ੫॥ Raag Gauri Poorbee Mahala 5.

ਕਰਉ ਬੇਨੰਤੀ ਸੁਣਹੁ ਮੇਰੇ ਮੀਤਾ ਸੰਤ ਟਹਲ ਕੀ ਬੋਲਾ ॥

Karon baynantee sunho mayray meeta sant taihal kee baylaa

I beg you listen to me, my friends,

now is the time to serve the holy ones.

ਈਹਾ ਖਾਟਿ ਚਲਹੁ ਹਰਿ ਲਾਹਾ ਆਗੈ ਬਸਨੁ ਸੁਹੇਲਾ ॥੧॥

Eehaan khaat chalho har laahaa aagai basan suhaylaa

Divine profits earned here,

bring comfort in the hereafter.

ਅਉਧ ਘਟੈ ਦਿਨਸੁ ਰੈਣਾਰੇ ॥

Aodh ghatai dinas rainaaray.

Our life grows shorter by the day.

ਮਨ ਗੁਰ ਮਿਲਿ ਕਾਜ ਸਵਾਰੇ ॥੧॥ ਰਹਾਉ ॥

Man gur mil kaaj savaaray. Rahao

My mind, meet with the Guru and fulfill yourself.

ਇਹੁ ਸੰਸਾਰੁ ਬਿਕਾਰੁ ਸੰਸੇ ਮਹਿ ਤਰਿਓ ਬ੍ਰਹਮ ਗਿਆਨੀ ॥

Eh sansaar bikaar sansay mahi tare-o braham gi-anee

This world is sunk in doubts and vices,

but the enlightened can swim across.

ਜਿਸਹਿ ਜਗਾਇ ਪੀਆਵੈ ਇਹੁ ਰਸੁ ਅਕਥ ਕਥਾ ਤਿਨਿ ਜਾਨੀ ॥੨॥

Jisaih jaga-e pee-aavai eho ras akath katha tin jaanee

The one who is woken, the one who is given a sip of elixir, knows the story that cannot be told.

ਜਾ ਕਉ ਆਏ ਸੋਈ ਬਿਹਾਝਹੁ ਹਰਿ ਗੁਰ ਤੇ ਮਨਹਿ ਬਸੇਰਾ ॥

Jaa kao aa-ay so-ee bihaajh-ho har gur tay manaih basayraa

Make that transaction for which you came into this world, through the Guru, deposit the Divine in your mind.

ਨਿਜ ਘਰਿ ਮਹਲੁ ਪਾਵਹੁ ਸੁਖ ਸਹਜੇ ਬਹੁਰਿ ਨ ਹੋਇਗੋ ਫੇਰਾ ॥੩॥

Nij ghar maihal paavho sukh saihajay bahur na ho-e-go phayraa

So easily you will find the joy that dwells within your own self,

and no more will you enter the circle of life and death.

ਅੰਤਰਜਾਮੀ ਪੁਰਖ ਬਿਧਾਤੇ ਸਰਧਾ ਮਨ ਕੀ ਪੂਰੇ ॥

Antarjaamee purkh bidhaatay sardha man ke pooray

Knower of all hearts, our Creator,

Fulfiller of our Desires,

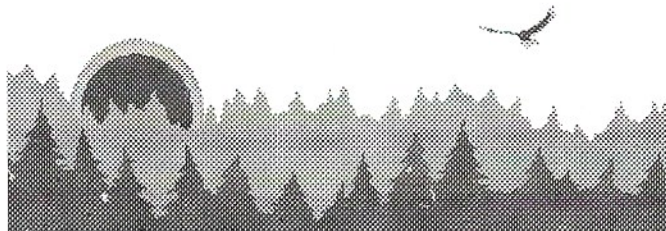
ਨਾਨਕ ਦਾਸੁ ਇਹੈ ਸੁਖ ਮਾਗੈ ਮੋ ਕਉ ਕਰਿ ਸੰਤਨ ਕੀ ਪੂਰੇ ॥੪॥੫॥

Nanak daas ehai sukh maangai mo kao kar santan kee dhooray

Your slave Nanak asks for this happiness,

make me the dust of the feet of the holy ones

Translation from The Name of my Beloved -Nikki-Guninder Kaur



This shabad gives us inspiration and advice on how to reach our goal of realising God.

We are told that now is the time to act if we are to meet our Guru (God). Everything we do will affect our future both in this world and the next. Meeting with the Guru our lives become fulfilled - so we should not delay. (1)

The world is full of doubts, but the Divine Light can permeate through us and enlighten us, when we take Amrit (the Divine Nectar, which is the Naam). (2)

We came into this world with one purpose and that is to remember our Creator. We live in the Creation, this wonderful world that is a gift from God, yet we do not remember the Giver. Just as a son thanks his father for a wonderful gift on his birthday, but the next day he forgets to thank his father and asks for more new gifts. We are the children of God who have been given this body and this world to play in, yet we forget God. But for us to re-unite with God we have been given this one chance. If we remember and Love God, we will find joy within ourselves and the troubles of this world will go far from us. (3)

**This Month's
Gurpurab**

July 28 Prakash
Utsav, Guru
Har Krishan Ji

Our Creator, Almighty Waheguru, who is deep within each and every one of us is the only one who can fulfil our desires. Our worldly desires and pleasures are but a temporary fix. If we desire a new car, we feel fulfilled when we get the latest model, but for how long will we be satisfied? Is there not another hunger inside us which is craving for something deeper? Guru Ji is asking for such happiness, to be totally absorbed in Waheguru, so that our heart, mind, body and soul can be fulfilled with the love of Waheguru. Guru Ji, calls himself the slave of Waheguru, is willing to give up everything (Haumai-Ego) for such happiness and fulfilment. And asks to become dust, which falls under the feet of the holy. Just as a lover says that they will do everything for their partner, we must make Waheguru our partner and be prepared to do anything for Waheguru. (4)

I hope this short series on Sohila has made you think more about the Sikh teachings and I encourage you all to read this short prayer every evening with love and devotion to our Creator.

Bhupinder Singh

Rahnee rahey soee sikh mera

Guru Gobind Singh Ji has very clearly stated that anyone who is without unshorn hair and shaster must not appear in his presence. Such a person is like a sheep that can be led anywhere by anybody.

Guru Ji also says that the Reht that is maintained by a Sikh is more precious to him and brings the Sikh closer to him. By implication, this means that the Sikh who claims to be a Sikh but does not keep the Reht of the Sikh, cannot be as dear to the Guru as the one who keeps the Reht.

So will the Guru see us all as the same? Will He treat us all as equal, having clearly stated the above in his Bani?

Oh yes, the Guru loves us all. No doubt about that. But when it comes to distributing the goodies, who do you think should get and who shouldn't? Guru is impartial and will give everyone equally, you will say. But let us learn from history.

Guru Nanak loved all his Sikhs. He loved Baba Budha Ji and all the others, but when it came to the GurGadhi, who got it? Did they all? No, only the one who won the Guru's heart by obeying his every command, got it. Bhai Lehna became Guru Angad. Baba Budha remained Baba Budha, not that he was not loved or respected by Guru Ji.

Does Guru Ji play favourites? Did he select Bhai Lehna because he liked him? Some of us may think so, but to kill this idea ever developing, Guru Gobind Singh Ji came on the stage with his naked Sri Sahib(sword). Who got the chance in a lifetime to give Amrit to Guru Gobind Singh Ji? There were thousands of beloved Sikhs of the Guru present. We may think he liked/loved some more than the others. But he did not call his favourites. He had none. He loved them all. So he took out the Sri Sahib and asked for heads. Those who gave themselves to the Guru became the Panj Pyare. The rest remained Pyare Sikhs. The Panj Pyare got the chance to give Amrit to Guru Ji. The Pyare Sikhs just watched and wondered why the discrimination, why the favouritism, why they and not us, we are also Sikhs therefore we should also have the same rights.

Any Sikh who looks down upon another or discriminates against another has not understood Sikhism. "na ko bairee nahi begana" comes to mind and the example of Bhai Khanaiya. A Sikh tries to better himself daily. He competes with himself and not with anyone else, thus he should not compare his Sikhi with that of another.

Discrimination is usually in the mind. It is our own guilty conscience or feelings of insecurity, inferiority, etc. We jump at shadows and shout discrimination. Recently, I was in a queue at a supermarket. An Asian lady was in front of me. One white man who was at the counter had to go and exchange one item he was buying. The counter cashier started dealing with the other customers. When it came to the Asian lady's turn, the white man came back and the cashier started to attend to him. The Asian lady turned to me and said "the whites always discriminate against us Asians". I saw no discrimination in serving

Summer Gurmata Camps

| Akaal Purakh Ki Fauj | | |
|---|--------------------|-------------|
| Atlantis Camp | 11-14 August | 15-18 yrs. |
| Discovery Camp | 15-18 August | 18 plus |
| Venturer Camp | 19-22 August | 8-11 yrs |
| Pioneer Camp | 22-25 August | 8-14 yrs |
| Apollo Camp | 27-30 August | 12-14 yrs |
| Explorer Camp | 30 Aug - 2 Sept | 12-18 yrs |
| Pathfinder Camp | 7-12 Sept | 18 plus |
| Contact: 0118 926 1350 or 0171 460 2020 | | |
| Sikh Missionary Society | 27 July - 3 August | |
| Southampton - 0181 574 1902 | | 11-18 yrs |
| Guru Gobind Singh College | 25-27 July | |
| Chigwell - 0181 471 2204 | | 10 yrs plus |
| Sikh Youth Federation | 27 July - 2 August | |
| Walsall - 0121 523 0147 | | 7-14 yrs |
| Sikh Information Society | 4 - 8 August | |
| Singh Sabha Slough - 01753 572737 | 5-18 yrs | |
| contact us for info on other camps | | |

that white man who was so much ahead in the queue, but this lady saw discrimination, and she will continue to see that because she feels discriminated against even when she is not.

"Rahnee rahey soee sikh mera...". Guru Gobind Singh Ji says that the one who lives the Reht is my Sikh. the rest of us can aspire to be Guru ji's Sikhs. Only the Guru will decide whether we are his Sikhs or not, we may claim as much as we want.

Autar Singh. University of Reading

The Mountain of God



To make this journey to the mountain of God, the Guru has given us a Map. Of course, we are still seekers without it and can still reach the top, but why not use the map? The Map is Siri Guru Granth Sahib Ji. Now, there's little point bowing before a map all the time; the point is to read it and make the journey. So read a translation or learn Punjabi and get travelling - praying with Japji Sahib, Rehras Sahib and simran, and building up from there.

The Guru also gave us equipment for this journey. These are the five Ks. You can travel without them, but why not use them? They might be useful.

The Guru suggested that we travel in a sangat - a party of spiritual mountaineers. It makes life easier - other people may be better at using the equipment, other people may be better map-readers - there is less chance of getting lost. This is the Sadh Sangat, the company of the pure, or would-be pure anyway. Amrit is signing up for the equipment and the team, and the Sikh Reht Maryada is a handbook for the equipment. If you're travelling without these aids good luck to you., as long as you're seeking/travelling, you'll always be a Sikh.

But one question: do you really want to climb the top of the mountain? Only you know the answer. Why not use the whole spiritual discipline of the Guru - Gurmata to get to the top most effectively and safely?

Kanwar Ranvir Singh

Historical Dates

For the month of July

- Jul 1 1745 Martyrdom day of Bhai Taru Singh Ji, in Lahore.
- 1918 Conquest of Kashmir by Maharaja Ranjit Singh.
- Jul 7 1799 Maharaja Ranjit Singh wrested the control of Lahore
- 1878 Birthday, Bhai Sahib Randhir Singh Ji
- 1925 SGPC assumes control of Gurdwaras
- Jul 9 1609 Foundation stone laying of Sri Akaal Takhat.
- Jul 11 1675 Guru Tegh Bahadur left Anandpur Sahib for Delhi
- 1710 Baba Banda Singh Bahadur took Nanotai
- Jul 12 1675 Guru Tegh Bahadur Ji taken into custody at Malikpur
- Jul 13 1631 Mata Damodari, wife of Guru Hargobind passed away.
- Jul 14 1920 British government expressed intentions to withdraw from the management of Golden Temple
- Jul 15 1775 Sikhs establish complete control over Pahar Ganj and Jai Singh Pura, Delhi.
- Jul 19 1708 Guru Gobind Singh Ji reached Nanded (Hazur Sahib).
- Jul 21 1915 Sardar Chanan Singh and Gadhari Sikhs were hanged until death in Lahore.
- Jul 22 1685 Foundation stone of Paonta Fort laid by Guru Gobind Singh Ji
- Jul 23 1627 Baba Atal Rai left for his heavenly abode.
- 1707 Guru Gobind Singh and Bhadur Shah met in Red Fort
- Jul 25 1710 Bhadur Shah ordered the arrest Baba Banda Singh Bahadur.
- Jul 27 1649 Janam Utsav, Shaheed Baba Jorawar Singh Ji.
- Jul 29 1873 Initial establishment of Singh Sabha in Amritsar.
- Jul 31 1940 Sardar Udham Singh was hanged to death in London.

Dates courtesy of Baldev Singh detailed listings posted on Khalsa net daily. Comments to email: baldev_singh@email.mot.com

BOOKS FROM H D PUBLISHERS

An exciting range of dual-language books and accompanying cassettes, which help to teach Sikh prayers and hymns are now available. Also now available a Sikh Colouring Book:
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Tel - 0121 351 5191

Sikh Resources

- ☐ To order any item please send a cheque for the relevant amount payable to "Central Gurdwara London" to:
- ☐ Central Gurdwara Resource Centre,
- ☐ 62 Queensdale Road, London W11 4SG.
- ☐ All funds raised will go towards the newsletter and Sikh Youth activities ONLY - Please add 50p per item for postage
- ☐ **Gurbani CD** - Complete text of Guru Granth Sahib and English Translation CD ROM for PC or Mac- **Suggested Donation £10**
- ☐ **Ithaas** - multimedia CD ROM for Windows/Mac **£15**
- ☐ **Sikh Dharma - History & Culture** - multimedia CD ROM for Windows on Sikh Gurus and SGGS. **£35**
- ☐ **All About Sikhism** - multimedia CD ROM for Windows **£45**
- ☐ **CRMKB Vol. 1** - multimedia CD ROM for Windows/Mac **£15**
- ☐ **CRMKB Punjabi Language** windows floppy disk **£5**
- ☐ **New - Sikh Stories for All - Vol 1**
- ☐ The story of Baba Deep Singh Ji - Video cassette **£5**

poets Corner

Worldly Game...

I sit in silence, alone and tired
Thoughts raging in burning desires.
I tie knots!, of heart and mind
Chaining myself to worldly life.

Many characters I play on this worldly stage
A son, lover, poet - a sinner and saint.
Yet still I feel empty, tied to my thoughts
Reacting with criticism, disinterest and praise.

Caught, entangled, in this worldly play,
I live in duality- of happiness and pain.
I yearn to escape my actions tidal waves
To save my heart from endless heartache.

What path unlocks my worldly chains?
What key enlightens my mind to escape?
What balm heals my heart's aching pains?
What energy ignites my soul's flame?

The path of truth and Godly praise
The key of mercy, humility and heart
The balm of selfless giving and love
The energy of God's Almighty Name.

With Satguru's grace, heart endears in bliss
Upon singing the hymns of Godly praise.
Then rain it does, every moment, every day
God's Amrit Name shattering all my chains.

Jaswinder Singh (Canada)

Sikh Help Line 0121 247 3235

open 12-2pm

A strictly confidential line where you can get help and obtain information regarding Sikhism. Run by Guru Nanak Gurdwara South Birmingham

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If you can help to distribute this newsletter among young Sikhs please contact us.

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