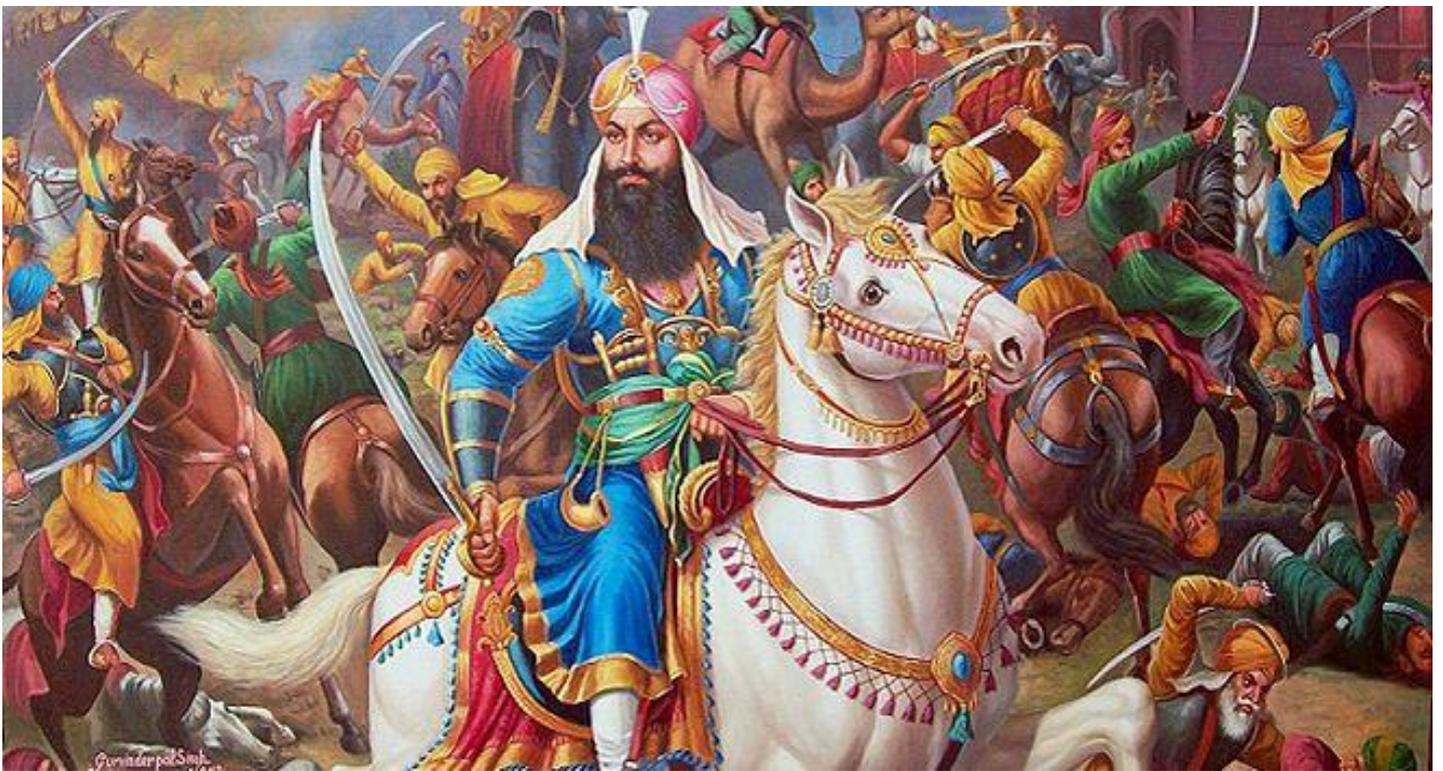


GOBIND MARG

THE MONTHLY BULLETIN OF GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

MAY 2021 – VOL XXVIII ISSUE 5



This month we celebrate the 298th Birthday of Jassa Singh Ramgarhia (1723 – 1803) who was noted for his shrewd grasp of realpolitik and acumen, qualities which complemented his martial prowess with fine diplomatic persuasion ability. He commanded the Ramgarhia Sikh misl and built the Ramgarhia Bunga (the twin watchtowers, behind the Golden Temple) and the Ram Rauni mud fort at Amritsar. He ended his tactical alliance with Adina Beg when the latter asked him to attack the Ram Rauni fort. Having successfully defended the fort, he rebuilt it and renamed it Ramgarh, from which his name derives. A key figure in Sikh history, in the Battle of Delhi in 1743, along with Sardar Baghel Singh, he captured the Red Fort. He brought Aurangzeb's throne to Amritsar and placed it in the Ramgarhia Bunga, where it rests today.



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of The True Guru

**Monday - Saturday
(Excluding Tuesdays)**

AM

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

Sundays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib

PM

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

9.00

9.45	Kirtan
10.00	Ardass
11.00	Youth Kirtan Kirtan

Tuesdays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

PM

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

PM

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Please Note

During the restricted services of the Gurdwara (in compliance with the government guidelines) these services are suspended.

The current Gurdwara programme appears on page 5.



ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



GURDWARA SRI GURU SINGH SABHA

Alice Way, Hanworth Road, Hounslow, Middlesex, TW3 3UD

Enquiries: [020 8577 2793](tel:02085772793) Email: khalsa@sgss.org Website: www.sgss.org

Registered No. 75990 as a place of worship under the Worship Registration Act 1855

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

May 2021

Important Days	Event	Nanakshahi Calendar Days	
		May ਵੈਸਾਖ / ਜੇਠ	June ਜੇਠ / ਹਾੜ
Sangrand (ਸੰਗਰਾਂਦ)	New Month Starts	14	15
Massia (ਮੱਸਿਆ)	No Moon (Dark Night)	11	10
Puranmashi (ਪੂਰਨਮਾਸ਼ੀ)	Full Moon	26	24
Gurpurb, Jyoti Jot, Shahidi & Guruship			
Guru Arjan Dev ji	Birthday	2	
Guru Amar Das ji	Birthday	23	
Guru Hargobind Sahib ji	Guruship		11
Guru Arjan Dev ji	Shahidi		16
Historical Dates & Events			
Jassa Singh Ramgharia	Birthday	5	
Amritsar Darbar Sahib ('84)	Ghalugara		6
Sant Jarnail Singh ji Bhindranwalé	Shaheedi		6
Baba Banda Bahadur	Shaheedi		16
Maharajah Ranjit Singh	Anniversary		26

Dear Sangat Jee – WaheGuru Ji Ka Khalsa; WaheGuru Ji Ki Fateh.

Opening Times: Since 1st of April, we have been open daily from 7:00am to 7:00pm.

On 17th May (Stage 3 of the Government's Recovery Plan), the 'Rule of 6' is proposed to be lifted and the possibility of international travel allowed; at that time, we will accordingly review any changes to the Gurdwara's scheduled activities.

During the month of May, we look forward to Guru Sahib birthday celebrations:

- Gurburb Guru Arjun Dev ji on Sunday, 2nd May
- Gurburb Guru Amardas ji on Sunday, 23rd May.

We are pleased to announce that the Gurdwara received an Emergency Assistance Grant of £10,000 from the London Borough of Hounslow, which is much appreciated.

There has been extensive progress made by the Department of Education on the adjoining land which was made available to the Gurdwara sangat for parking. Despite several attempts by the Gurdwara to purchase the land, we had been unsuccessful as the land was earmarked for 'Education' purposes – we attempted to address this by submitting plans for a 'Free Community School' in Sept 2016, to support the local Government's projected shortage of secondary school spaces in the Borough for 2018.

During April, we met up with the 'Education Partners' who have proposed a Special Education Needs (SEN) school for 90 students on the land. It will comprise of 10 class rooms over 3 storeys. The school will have a footprint of 2400m² and 26 car parking spaces. This will be complimented by 140 residential units. The development will be completed by Sept 2023.

We will be meeting the 'Development Partners' in May to discuss input by the Gurdwara and the local communities.

Health & Safety - Coronavirus: Please ensure you follow the Government & Gurdwara guidelines as well as any instructions from the official sewadars to keep everyone safe.

Bookings: To enable us to continue supporting the sangat whilst remaining compliant with the Government Guidelines, we are happy to discuss your needs. During April, services performed were:

- | | |
|------------------------------|------|
| ▪ Weddings | 7 |
| ▪ Sukhmani Sahib Path/Kirtan | 6 |
| ▪ Sehaj Path | 13 |
| ▪ Akhand Paths | None |
| ▪ Funerals | 9 |

Office Opening Times:

Main Office: Open 10:00am-6:00pm daily.

Matrimonial Office: Open 10:00am-12:00pm daily. Contact Email: marriages@sgss.org

Show Your Gratitude Please donate to the Gurdwara to help run the essential Sangat services. In these difficult times of Covid-19, your Seva is needed more than ever.

By Cheque: Payable to Sri Guru Singh Sabha Hounslow, Alice Way, Hounslow TW3 3UD.

Bank Transfer: To Account Sri Guru Singh Sabha, Sort Code: 20-96-55,
Account number: 00859095.

Online: Donations can be made online at www.sgss.org/donate using the above account details. To help the Gurdwara with Gift Aid, kindly download the Gift Aid Form from the Gurdwara website www.sgss.org and email it to khalsa@sgss.org or post to the above address.



PROGRAMME

Programme (Mon-Sat)

Morning

4:30-5:00am	Prakash of SGGGS Ji
5:00-6:00am	Nitnem
7:00-7:45am	Kirtan Asa Di Var
7:45-8:45am	Katha
8:45-9:00am	Ardas
11:00-11:45am	Katha

Evening

6:00-6:30pm	Rehras Sahib
6:30-7:00pm	Kirtan
7:00pm	Sukhasan & Smapti

Programme (Sundays)

Morning

4:30-5:00am	Prakash of SGGGS Ji
5:00-6:00am	Nitnem
7:00-7:45am	Kirtan Asa Di Var
7:45-8:45am	Katha
8:45-9:00am	Ardas
9:45-11:00am	Sukhmani Sahib

Evening

11:00-12:00pm	Katha
12:00-1:00pm	Kirtan
1:00pm	Ardas
6:00-6:30pm	Rehras Sahib
6:30-7:00pm	Kirtan
7:00pm	Sukhasan & Smapti

Please ensure the Government & Gurdwara Covid Guidelines are followed at all times

The True Landlord

This part of the Bani is by the fourth Nanak, Guru Ramdas ji and has four broad themes. In the first part (lines 1-6) the seekers' relationship with Waheguru is depicted as that of devoted servant and Master; the Lord decides the outcome of our karmic actions. In the second part (lines 7-10) Waheguru is metaphorically like a vast, all-encompassing ocean, within which all Creation is sustained. He Himself bestows union or separation from Him, it is not in our hands. The third part (lines 11-14) teaches that only those to whom Waheguru, at His Will, bestows the understanding, can gain knowledge of the Ultimate reality. Finally, the fourth part (lines 15-18) stresses the Uniqueness and the Creator aspect of Waheguru.

This Bani appears again on page 365 of Sri Guru Granth Sahib ji.

	ਆਸਾ ਮਹਲਾ ੪ ॥	Glossary	Meaning in Context
1	ਤੂੰ ਕਰਤਾ ਸਚਿਆਰੁ ਮੈਡਾ ਸਾਂਈ ॥	ਸਚਿਆਰੁ, ਮੈਡਾ, ਸਾਂਈ ਤਉ, ਭਾਵੈ, ਥੀਸੀ ਹਉ ਪਾਈ	Eternal Truth, Mine, Support You, Pleases, Will happen I can obtain obtain
2	ਜੇ ਤਉ ਭਾਵੈ ਸੋਈ ਥੀਸੀ ਜੇ ਤੂੰ ਦੇਹਿ ਸੋਈ ਹਉ ਪਾਈ ॥੧॥ ਰਹਾਉ ॥		
3	ਸਭ ਤੇਰੀ ਤੂੰ ਸਭਨੀ ਧਿਆਇਆ ॥	ਤਿਨਿ, ਰਤਨੁ	That (person), Priceless
4	ਜਿਸ ਨੇ ਕ੍ਰਿਪਾ ਕਰਹਿ ਤਿਨਿ ਨਾਮ ਰਤਨੁ ਪਾਇਆ ॥		
5	ਗੁਰਮੁਖਿ ਲਾਧਾ ਮਨਮੁਖਿ ਗਵਾਇਆ ॥	ਗੁਰਮੁਖਿ ਲਾਧਾ, ਮਨਮੁਖਿ	God-facing seeker finds Self-facing person (loses it)
6	ਤੁਧੁ ਆਪਿ ਵਿਛੋੜਿਆ ਆਪਿ ਮਿਲਾਇਆ ॥੧॥		
7	ਤੂੰ ਦਰੀਆਉ ਸਭ ਤੁਝ ਹੀ ਮਾਹਿ ॥	ਦਰੀਆਉ, ਮਾਹਿ	Ocean, river, stream; In you
8	ਤੁਝ ਬਿਨੁ ਦੂਜਾ ਕੋਈ ਨਾਹਿ ॥		
9	ਜੀਅ ਜੰਤ ਸਭਿ ਤੇਰਾ ਖੇਲੁ ॥	ਵਿਜੋਗਿ, ਸੰਜੋਗੀ ਮੇਲੁ	Karmic separation, Union due to blessings
10	ਵਿਜੋਗਿ ਮਿਲਿ ਵਿਛੁੜਿਆ ਸੰਜੋਗੀ ਮੇਲੁ ॥੨॥		
11	ਜਿਸ ਨੇ ਤੂ ਜਾਣਾਇਹਿ ਸੋਈ ਜਨੁ ਜਾਣੈ ॥	ਜਾਣਾਇਹਿ ਸਦ, ਵਖਾਣੈ	To enable understanding Forever, To speak & reveal
12	ਹਰਿ ਗੁਣ ਸਦ ਹੀ ਆਖਿ ਵਖਾਣੈ ॥		
13	ਜਿਨਿ ਹਰਿ ਸੇਵਿਆ ਤਿਨਿ ਸੁਖੁ ਪਾਇਆ ॥	ਸਹਜੇ	Effortless
14	ਸਹਜੇ ਹੀ ਹਰਿ ਨਾਮਿ ਸਮਾਇਆ ॥੩॥		
15	ਤੂ ਆਪੇ ਕਰਤਾ ਤੇਰਾ ਕੀਆ ਸਭੁ ਹੋਇ ॥	ਅਵਰੁ ਜਾਣਹਿ ਸੋਇ	No other (than You) So you know
16	ਤੁਧੁ ਬਿਨੁ ਦੂਜਾ ਅਵਰੁ ਨ ਕੋਇ ॥		
17	ਤੂ ਕਰਿ ਕਰਿ ਵੇਖਹਿ ਜਾਣਹਿ ਸੋਇ ॥		
18	ਜਨ ਨਾਨਕ ਗੁਰਮੁਖਿ ਪਰਗਟੁ ਹੋਇ ॥੪॥੨॥		

ਪੰਜਾਬੀ ਅਰਥ

Lines 1-2: (ਹੇ ਸਚੇ ਸਿਰਜਣਹਾਰ!) ਤੂੰ ਸਭ ਦਾ ਪੈਦਾ ਕਰਨ ਵਾਲਾ ਹੈਂ, ਤੂੰ ਸਦਾ ਕਾਇਮ ਰਹਿਣ ਵਾਲਾ ਹੈਂ, ਤੂੰ ਹੀ ਮੇਰਾ ਮਾਲਕ ਹੈਂ। ਜਗਤ ਵਿਚ ਜੇ ਤੈਨੂੰ ਭਾਵੇ ਗਾ ਉਹ ਹੀ ਹੋਵੇਗਾ। ਜੇ ਕੁਝ ਤੂੰ ਦੇਵੇਗਾ, ਉਹੀ ਮੈਨੂੰ ਮਿਲੇਗਾ।1। ਰਹਾਉ।

Lines 3-6: (ਹੇ ਦਾਤਾ!) ਸਾਰੀ ਸ੍ਰਿਸ਼ਟੀ ਤੇਰੀ ਬਣਾਈ ਹੋਈ ਹੈ, ਸਾਰੇ ਜੀਵ ਤੈਨੂੰ ਧਿਆਉਂਦੇ ਹਨ। ਜਿਸ ਨੂੰ ਤੂੰ ਦਇਆ ਕਰਦਾ ਹੈਂ ਉਸ ਨੂੰ ਤੇਰੇ ਨਾਮ ਦੀ ਅਮੋਲਕ ਦਾਤ ਪਰਾਪਤ ਹੁੰਦੀ ਹੈ। ਜੇ ਗੁਰਮੁਖ ਹੈ ਉਸ ਨੇ ਇਹ ਰਤਨ ਲੱਭ ਲਿਆ। ਜੇ ਮਨਮੁਖ ਹੈ ਉਸ ਨੇ ਗਵਾ ਲਿਆ। ਤੂੰ ਆਪ ਹੀ ਕਿਸੇ ਜੀਵ ਨੂੰ ਆਪਣੇ ਨਾਲੋਂ ਵਿਛੋੜਦਾ ਹੈਂ, ਆਪ ਹੀ ਆਪਣੇ ਨਾਲ ਮਿਲਾਂਦਾ ਹੈਂ।1।

Lines 7-10: (ਹੇ ਪ੍ਰਭੂ!) ਤੂੰ ਜ਼ਿੰਦਗੀ ਦਾ ਇਕ ਦਰੀਆ ਹੈਂ, ਸਾਰੇ ਜੀਵ ਤੇਰੇ ਵਿਚ ਹੀ ਲਹਿਰਾਂ ਹਨ। ਤੇਰੇ ਬਿਨਾ ਹੋਰ ਕੋਈ ਨਹੀਂ ਹੈ। ਇਹ ਸਾਰੇ ਜੀਆ ਜੰਤ ਤੇਰੀ ਹੀ ਰਚੀ ਹੋਈ ਖੇਡ ਹੈ। ਜਿਨ੍ਹਾਂ ਦੇ ਮੱਥੇ ਉਤੇ ਵਿਛੋੜੇ ਦਾ ਲੇਖ ਹੈ, ਉਹ ਮਨੁੱਖਾ ਜਨਮ ਪ੍ਰਾਪਤ ਕਰ ਕੇ ਭੀ ਤੈਥੋਂ ਵਿਛੋੜੇ ਹੋਏ ਹਨ। ਪਰ ਤੇਰੀ ਰਜ਼ਾ ਅਨੁਸਾਰ, ਸੰਜੋਗਾਂ ਦੇ ਲੇਖ ਨਾਲ ਫਿਰ ਮਿਲਾਪ ਹੋ ਜਾਂਦਾ ਹੈ।2।

Lines 11-14: (ਹੇ ਪ੍ਰਮਾਤਮਾ!) ਜਿਸ ਮਨੁੱਖ ਨੂੰ ਤੂੰ ਆਪ ਗਿਆਨ ਬਖਸ਼ਦਾ ਹੈਂ, ਉਹ ਮਨੁੱਖ ਜੀਵਨ ਦਾ ਸਹੀ ਰਸਤਾ ਸਮਝਦਾ ਹੈ। ਉਹ ਮਨੁੱਖ ਸਦਾ ਤੇਰੇ ਗੁਣ ਗਾਂਦਾ ਹੈ, ਅਤੇ ਹੋਰਨਾਂ ਨੂੰ ਸਮਝਾਉਂਦਾ ਹੈ। ਜਿਸ ਮਨੁੱਖ ਨੇ ਪਰਮਾਤਮਾ ਦਾ ਨਾਮ ਸਿਮਰਿਆ ਹੈ, ਉਸ ਨੇ ਸੁਖ ਪਰਾਪਤ ਕੀਤਾ ਹੈ। ਉਹ ਮਨੁੱਖ ਸਦਾ ਆਤਮਕ ਅਡੋਲਤਾ ਵਿਚ ਟਿਕਿਆ ਰਹਿ ਕੇ ਪ੍ਰਭੂ ਦੇ ਨਾਮ ਵਿਚ ਲੀਨ ਹੋ ਜਾਂਦਾ ਹੈ।3।

Lines 15-18: (ਹੇ ਵਾਹਿਗੁਰੂ!) ਤੂੰ ਆਪ ਹੀ ਸਭ ਕੁਝ ਪੈਦਾ ਕਰਨ ਵਾਲਾ ਹੈਂ, ਸਭ ਕੁਝ ਤੇਰਾ ਕੀਤਾ ਹੀ ਹੁੰਦਾ ਹੈ। ਤੇਰੇ ਬਿਨਾ ਹੋਰ ਕੋਈ ਦੂਜਾ ਨਹੀਂ ਹੈ। ਆਪਣੇ ਕੀਤੇ ਜੀਵਾਂ ਦੀ ਸੰਭਾਲ ਭੀ ਤੂੰ ਆਪ ਹੀ ਕਰਦਾ ਹੈਂ, ਤੇ, ਹਰੇਕ ਦੇ ਦਿਲ ਦੀ ਸਾਰ ਜਾਣਦਾ ਹੈਂ। ਹੇ ਦਾਸ ਨਾਨਕ! ਜੇ ਮਨੁੱਖ ਗੁਰੂ ਦੀ ਸ਼ਰਨ ਪੈਂਦਾ ਹੈ ਉਸ ਦੇ ਅੰਦਰ ਪਰਮਾਤਮਾ ਪਰਗਟ ਹੋ ਜਾਂਦਾ ਹੈ।4।2।

English Rendition

Lines 1-2: Waheguru You are the True Creator of all beings and my Master and Support. In this world whatever pleases You comes to happen. Whatever You give me, is what I receive.

Lines 3-6: The entire Universe is Your creation and all beings meditate on You. Those upon whom You shower Your mercy obtain the precious gift of Naam. The gurmukhs have connected with the Jewel of the Naam; the apostates have abandoned the opportunity. You Yourself enable those who separate themselves from You, and unite those who come into your sanctuary.

Line 7-10: You are like a vast ocean and all are contained in You. There is none other than You. All beings are part of Your play. Those who are destined to remain separate from You, remain separate even after acquiring the human form. Their union, as per Your Will, is the result of Your blessing.

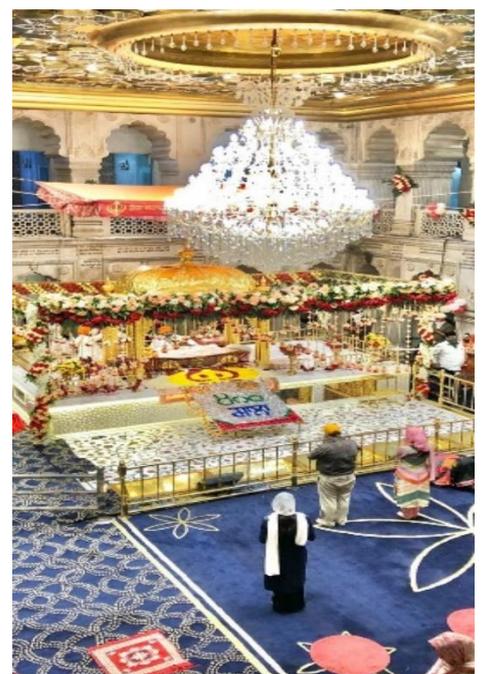
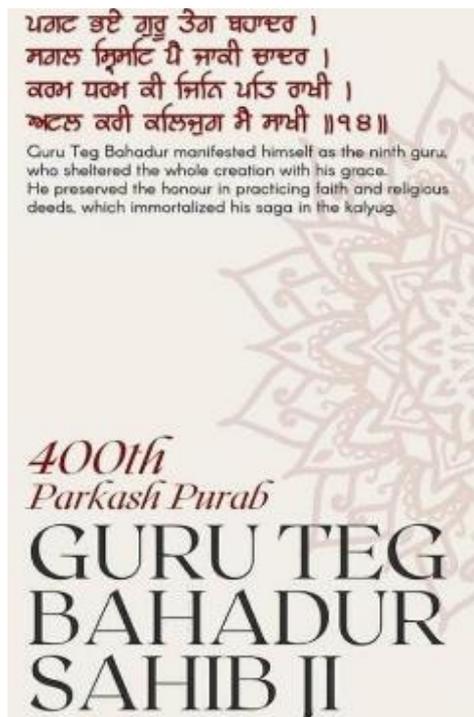
Line 11-14: Those to whom You give the knowledge, understand the true path of life. Such beings always sing Your praises and enlighten others. Those who serve You through meditation obtain peace and contentment. Their souls remain steadfast and they get absorbed in the Naam.

Line 15-18: Waheguru You are the Creator of all. Without You there is no-one else. As You create, behold and understand the creation, You then look after Your creation. You are the inner knower of the hearts of all. Satgur Nanak says: Those gurmukhs who take sanctuary with You feel Your presence in their souls.

Celebrating 400th Birthday of Sri Guru Tegh Bahadur Sahib (1721 – 2021)

On Sunday 18th April 2021, the 400th Birthday of Guru Tegh Bahadur Sahib was celebrated at the Gurdwara Sahib. Owing to the Corona virus restrictions, the usual programme beginning with an Akhand Paath unfortunately could not be held and instead a Sahej Paath was started earlier and the Bogh ceremony was held on the day, followed by Ardaas, Katha and Kirtan. A good number of members of the Sangat were present at the occasion to show their devotion and to pay tribute to Guru ji for his contribution of Gurbani and high moral principles of self sacrifice to protect humanity.

This important day was celebrated in Gurdwaras all over the world, additionally on 1st May 2021. Of special note are the extensive celebrations that were held at the Sis Ganj Gurdwara in Delhi, which marks the place of Guru Sahib's sacrifice and that of Guru ji's three Gursikh companions.



In Guru Granth Sahib, Gori Sukhmani Mahla 5, Ang 262, Guru Sahib says

ਸਿਮਰਉ ਸਿਮਰਿ ਸਿਮਰਿ ਸੁਖੁ ਪਾਵਉ ॥

Meditate, meditate, meditate in remembrance of Him, and find peace.

ਕਲਿ ਕਲੇਸ ਤਨ ਮਾਹਿ ਮਿਟਾਵਉ ॥

Worry and anguish shall be dispelled from your body.



Guru Arjun Dev ji's Sukhmani Sahib is written in easy Gurmukhi language (referred to as *Sara Bani*). In this Sukhmani Bani, Guru ji has done a great (*par upkar*) favour to the Sikh Sangat. Humans suffer from *mann dukh* (mind-heart pain) but Guruji starts by saying that this Bani helps to dispel not only the mind's but also the body pain. What is body pain? It is all our daily bodily needs, hunger and pains due to diseases eg. arthritis, skin diseases, and cancer, amongst others.

Naam Simran in Sukhmani Sahib

The Simran, according to Sukhmani Bani is beyond reciting Naam. This is the state of being when with the JAAP (Naam Simran) becomes *ajapa jap*, ie., into the core of the heart and mind, like an automatic remembrance (Simran); it happens nonstop all the time, like a very sweet melody that resonates like a song.

You may have heard a pigeon singing early morning. The melody is like simran, the shabad wahe-guru comes from the serenity of the being; in utmost (*sahej*) blissful state of calmness. The song and the bird are just one piece, one merged into the other; an unseperable state of being. I always find the song echo soothing and very blissful.

According to Guru ji, Simran is always in our being and body, we have simply forgotten to tap into it due to the illusion of Maya. The inner eye and ear are closed and so is the soul state of being. The blessing of Simran given us by Waheguru is that the shabad and body become ONE.

Let us look at the word (*shabad*) Sukh-Mani. Sukh means comfort (temporal blessing). The word Mani comes from part of the head of a manisnake; this part has lots of power to suck out the poison from the deadly bite of a snake. It is traditionally used by snake charmers. Sukhmani Sabib paath has abundantly powerful blessings to eliminate the mind and body pains. Reciting the Sukhmani paath sincerely every day, transforms the seeker's whole life.

How to make SIMRAN our living Paath?

We need to ask ourselves these questions: What are the blocks in our life? What needs to be changed in order to tap into Simran?

The seeker has to forget *maayn-mayrey da Simran* and indulge daily in the practice of *Naam japna*, away from his materialistic life that is often dominated by illusion and deceit.

ਝੂਠੀ ਮਾਇਆ ਦੇਖਿ ਕੈ ਭੁਲਾ ਰੇ ਮਨਾ ॥ *SGSS Ang 486*

Gazing upon the falseness of Maya, you have gone astray, O my mind.

ਆਸਾ ਭਰਮ ਬਿਕਾਰ ਮੇਹ ਇਨ ਮਹਿ ਲੋਭਾਨਾ ॥

ਝੂਠੁ ਸਮਗ੍ਰੀ ਮਨਿ ਵਸੀ ਪਾਰਬ੍ਰਹਮੁ ਨ ਜਾਨਾ ॥ *SGSS Ang 815*

Hope, doubt, corruption and emotional attachment - in these, he is engrossed.

The false material world abides in his mind and he does not understand the supreme Lord God.

ਇਨ੍ਹਿ ਮਾਇਆ ਜਗਦੀਸ ਗੁਸਾਈ ਤੁਮ੍ਹਰੇ ਚਰਨ ਬਿਸਾਰੇ ॥ *Ang 857*

This Maya has made me forget Your feet, O Lord of the world, Master of the Universe.

ਕਿੰਚਤ ਪ੍ਰੀਤਿ ਨ ਉਪਜੈ ਜਨ ਕਉ ਜਨ ਕਹਾ ਕਰਹਿ ਬੇਚਾਰੇ ॥

Not even a bit of love wells up in your humble servant, what can your poor servant do?

This is how human beings with body, mind, being, focus, knowing and consciousness, only remember the material wealth that is saturated in their way of living. There is no place for a life full of good qualities that is uplifting, comforting and blissful. This is because often they have forgotten to believe, to trust and have faith, to acknowledge their present state of being and to transition into the Spiritual World.

While reading and listening to Gurbani in Sangat, we commonly experience a faint connection to our inner being, while enjoying the melody in the *Bani kirtan* and *shabad vichaar*. But this does not last for a long span of time, as their focus is on the outside maya-simran; so in time, the connection fades away, like the clouds in the sky.

Gurbani teaches us on SGGS Ang 141

ਮਾਇਆ ਮੇਹੁ ਦੁਖੁ ਸਾਗਰੁ ਹੈ ਬਿਖੁ ਦੁਤਰੁ ਤਰਿਆ ਨ ਜਾਇ ॥

The love of wealth is an arduous ocean of pain and poison, which can be crossed not.

ਮੇਰਾ ਮੇਰਾ ਕਰਦੇ ਪਚਿ ਮੁਏ ਹਉਮੈ ਕਰਤ ਵਿਹਾਇ ॥

The egocentrics pass their life taking pride and saying 'it is mine, it is mine', they putrefy to death.

And further in Gurbani Ang 702

ਭੁਲਿਓ ਮਨੁ ਮਾਇਆ ਉਰਝਾਇਓ ॥

By erring soul is entangled with mammon.

ਜੇ ਜੇ ਕਰਮ ਕੀਓ ਲਾਲਚ ਲਗਿ ਤਿਹ ਤਿਹ ਆਪੁ ਬੰਧਾਇਓ ॥

Whatever deeds I do attached with avarice, with them all, I am binding myself down.

ਇਹੁ ਕੁਟੰਬੁ ਸਭੁ ਜੀਅ ਕੇ ਬੰਧਨ ਭਾਈ ਭਰਮਿ ਭੁਲਾ ਸੈਂਸਾਰਾ ॥ SGGGS Ang 602

All these relatives are like chains upon my soul, O sblings of destiny; the world is deluded by doubt.

ਨਾਨਕ ਅਉਗੁਣ ਜੇਤੜੇ ਤੇਤੇ ਗਲੀ ਜੰਜੀਰ ॥ SGGGS Ang 595

Nanak as many as are the sins, so many are the chains around man's neck.

This is how our precious life is being wasted to no value. What needs to be done in order to change materialistic life to Spiritual living? It is a difficult path, but is possible, in the sangat of realised souls, one can get to start SIMRAN and easily become Gurmukh.

Naam Simran is well within your Reach

If we ponder and analyse, we soon realise that in order to live a spiritual Naam Simran life, we as the seekers:

Do not have to consult anybody - the experience is individual and very personal

Do not have to acquire any special knowledge or be 'educated'

Do not have to seek information, or to carry out research

Do not have to engage in rituals; their caste or creed does not matter.

We conclude with Guru Teghbahadur ji's sikhya on Simran in the SGGGS Gurbani Ang 219.

ਜਨ ਨਾਨਕ ਇਹੁ ਖੇਲੁ ਕਠਨੁ ਹੈ ਕਿਨਹੂੰ ਗੁਰਮੁਖਿ ਜਾਨਾ ॥

Says Nanak, this is a difficult game, only a few know it through the Guru.

ਸ੍ਰੀ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦਾ ਜਨਮ ਚੌਥੇ ਪਾਤਸ਼ਾਹ ਸ੍ਰੀ ਗੁਰੂ ਰਾਮਦਾਸ ਤੇ ਬੀਬੀ ਭਾਨੀ ਦੇ ਘਰ ੧੫ ਅਪ੍ਰੈਲ ੧੫੬੩ ਨੂੰ ਗੋਇੰਦਵਾਲ ਵਿਖੇ ਹੋਇਆ। ਅਤੇ ਆਪਨੇ ਬਚਪਨ ਦੇ ਪਹਿਲੇ ਗਿਆਰਾਂ ਸਾਲ ਓਥੇ ਹੀ ਗੁਜ਼ਾਰੇ। ਸਿੱਖੀ ਵਾਤਾਵਰਨ ਵਿਚ ਆਪ ਦਾ ਪਾਲਣ-ਪੋਸ਼ਣ ਹੋਇਆ। ਹਰ ਤਰਾਂ ਦੀ ਧਾਰਮਿਕ ਅਤੇ ਆਤਮਕ ਸਿਖਿਆ ਆਪ ਨੂੰ ਪ੍ਰਾਪਤ ਹੋਈ। ਧੰਨ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਇਹਨਾਂ ਦੀ ਪਛਾਣ ਕਰਕੇ "ਦੋਹਤਾ ਬਾਣੀ ਦਾ ਬੋਹਤਾ" ਦੀ ਭਵਿਖ ਬਾਣੀ ਦਿਤੀ ਕੀਤੀ ਸੀ। ਗੁਰਮੁਖੀ ਆਪ ਜੀ ਨੂੰ ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨੇ ਸਖਾਈ। ਦੇਖ-ਰੇਖ ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਕਰ ਰਹੇ ਸਨ। ਗਣਿਤ ਵਿਦਿਆ, ਮੋਹਰੀ ਜੀ ਪਾਸੋਂ, ਦੇਵਨਾਗਰੀ ਪਿੰਡ ਦੀ ਧਰਮ-ਸਾਲ ਤੋਂ, ਸੰਸਕ੍ਰਿਤ ਪੰਡਿਤ ਬੇਨੀ ਪਾਸੋਂ ਅਤੇ ਧਿਆਨ ਲਗਾਉਣਾ ਬਾਬਾ ਮੋਹਨ ਜੀ ਪਾਸੋਂ ਸਿਖਿਆ ਅਤੇ ਹਰ ਵਿਦਿਆ ਵਿਚ ਨਿਪੁਨ ਹੋ ਗਏ। ਘੋੜ ਸਵਾਰੀ ਤੇ ਨੇਜ਼ਾ ਬਾਜ਼ੀ ਦੇ ਭੀ ਮਾਹਿਰ ਸਨ। ੧੫੭੪ ਤੋਂ ਪਿੱਛੋਂ ਗੁਰੂ ਰਾਮਦਾਸ ਸਮੇਤ ਪਰਿਵਾਰ ਅੰਮ੍ਰਿਤਸਰ ਰਹਿਣ ਲੱਗ ਪਏ ਸਨ। ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਇਥੇ ਆਪਣਾ ਜ਼ਿਆਦਾ ਸਮਾਂ ਗੁਰਬਾਣੀ ਪ੍ਰਚਾਰ ਅਤੇ ਸੇਵਾ ਵਿਚ ਲਗਾਇਆ।

ਸਨ ੧੫੮੦ ਵਿਚ ਆਪ ਨੂੰ ਰਿਸ਼ਤੇਦਾਰੀ ਵਿਚ ਵਿਆਹ ਤੇ ਲਾਹੌਰ ਜਾਣਾ ਪਿਆ ਅਤੇ ਵਿਆਹ ਪਿੱਛੋਂ ਆਪ ਓਥੇ ਭੀ ਬਾਣੀ ਦਾ ਪਰਚਾਰ ਕਰਦੇ ਰਹੇ। ਲਾਹੌਰ ਤੋਂ ਵਾਪਸੀ ਵਾਸਤੇ ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਚਿਠੀਆਂ ਭੇਜੀਆਂ ਪਰ ਇਹਨਾਂ ਦੇ ਵੱਡੇ ਭਰਾ ਪ੍ਰਿਥੀ ਚੰਦ ਨੇ ਲਕੇ ਲਈਆਂ ਤੇ ਗੁਰੂ ਰਾਮਦਾਸ ਪਾਸ ਪੂਜਣ ਨਾ ਦਿਤੀਆਂ। ਜਦ ਆਖਰੀ ਚਿਠੀ ਮਿਲੀ ਤਾਂ ਗੁਰੂ ਰਾਮ ਦਾਸ ਨੇ ਇਹਨਾਂ ਨੂੰ ਵਾਪਸ ਬੁਲਾ ਲਿਆ।

ਆਪਣਾ ਅੰਤ ਸਮਾਂ ਨੇੜੇ ਜਾਣ ਕੇ ਗੁਰੂ ਰਾਮ ਦਾਸ ਜੀ ਨੇ ਅਰਜਨ ਦੇਵ ਜੀ ਦੀ ਲਗਨ, ਨਿਮੂਤਾ, ਸੇਵਾ ਤੇ ਯੋਗਤਾ ਆਦਿ ਬੇਅੰਤ ਗੁਣਾਂ ਨੂੰ ਮੁਖ ਰੱਖ ਕੇ ਇਹਨਾਂ ਨੂੰ ਗੱਦੀ ਦੇਣ ਦਾ ਫੈਸਲਾ ਕਰ ਲਿਆ। ਇਸ ਤਰਾਂ ਜੁਲਾਈ ੧੫੮੧ ਵਿਚ ੧੮ ਸਾਲ ਦੀ ਉਮਰ ਵਿਚ ਇਹਨਾਂ ਨੂੰ ਗੱਦੀ ਪ੍ਰਾਪਤ ਹੋਈ। ਪ੍ਰਿਥੀ ਚੰਦ ਨੇ ਬਹੁਤ ਵਿਰੋਧ ਕੀਤਾ। ਬੜੇ ਬੋਲ ਕਬੋਲ ਬੋਲੇ। ਗੁਰੂ ਘਰ ਦੀ ਨਾਕਾ ਬੰਦੀ ਕਰ ਦਿਤੀ ਤੇ ਸੰਗਤ ਨੂੰ ਗੁਰੂ ਘਰ ਜਾਣ ਤੋਂ ਰੋਕ ਦਿੱਤਾ। ਸੱਤਾ ਤੇ ਬਲਵੰਡ ਜੇ ਕੀਰਤਨ ਕਰਦੇ ਸੀ, ਸੰਗਤ ਨਾ ਆਉਣ ਕਾਰਨ, ਉਹਨਾਂ ਦਾ ਗੁਜ਼ਾਰਾ ਭੀ ਔਖਾ ਹੋ ਗਿਆ। ਛੱਡ ਕੇ ਚਲੇ ਗਏ। ਭੁੱਖੇ ਮਰਨ ਲਗੇ ਤਾਂ ਆਪੇ ਹੀ ਮੁੜ ਆਏ। ਸਨ ੧੫੮੧ ਵਿਚ ਭਾਈ ਗੁਰਦਾਸ ਜੀ ਆਗਰੇ ਤੋਂ ਆਏ ਤਾਂ ਉਹਨਾਂ ਨੇ ਲੋਕਾਂ ਦੀਆਂ ਗ਼ਲਤ ਫਹਿਮੀਆਂ ਦੂਰ ਕੀਤੀਆਂ ਤੇ ਪ੍ਰਿਥੀ ਚੰਦ ਵਲੋਂ ਗੁਰੂ ਘਰ ਦੇ ਖਿਲਾਫ ਸਾਜ਼ਸ਼ਾਂ ਦਾ ਪਾਜ ਉਘਾੜਿਆ।

ਅੰਮ੍ਰਿਤਸਰ ਰਹਿ ਕੇ ਗੁਰੂ ਜੀ ਨੇ ਸ਼ਹਿਰ ਦੀ ਉਸਾਰੀ ਵੱਲ ਧਿਆਨ ਦਿੱਤਾ। ਸਨ ੧੫੮੬ ਵਿਚ ਸੰਤੋਖਸਰ ਦੀ ਖੁਦਾਈ ਸ਼ੁਰੂ ਕੀਤੀ। ਤਿਨ ਜਨਵਰੀ ੧੫੮੮ ਨੂੰ ਸਾਂਈ ਮੀਆਂ ਮੀਰ ਪਾਸੋਂ ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਦੀ ਨੀਂਹ ਰਖਾਈ। ਸਖੀ ਸਰਵਰਾਂ ਤੇ ਪੀਰ ਫਕੀਰਾਂ ਵਲੋਂ ਵਧੇ ਪਰਚਾਰ ਨੂੰ ਰੋਕਣ ਲਈ ੧੫੯੦ ਵਿਚ ਇਕ ਨਵਾਂ ਨਗਰ, ਤਰਨਤਾਰਨ ਵਸਾਇਆ। ਇਥੋਂ ਵੇਹਲੇ ਹੋ ਕੇ ਗੁਰੂ ਜੀ ਨੇ ਦੁਆਬੇ ਵਿਚ ਕਰਤਾਰ ਪੁਰ, ਜਲੰਧਰ ਨੇੜੇ ਵਸਾਇਆ, ਅਤੇ ਲੋਕਾਂ ਦੇ ਭਰਮ ਤੇ ਵਹਿਮ ਦੂਰ ਕੀਤੇ। ਮਾਤਾ ਗੰਗਾ ਜੀ ਦੇ ਨਾਂ ਤੇ ਇਕ ਖੂਹ ਲਵਾਇਆ, ਤੇ ਗੰਗਸਰ ਦਾ ਨਾਮ ਦਿੱਤਾ। ਏਸੇ ਹੀ ਪਰਚਾਰ ਦੌਰੇ ਵਿਚ ਸਰਵਰੀਆਂ ਦਾ ਸਰਦਾਰ, ਮੰਝ ਸ਼ਰਨ ਆਇਆ ਤੇ ਸਿੱਖੀ ਦਾ ਤਕੜਾ ਪ੍ਰਚਾਰਕ ਬਣਿਆ।

ਆਪ ੧੫੯੫ ਵਿਚ ਵਡਾਲੀ ਵੱਲ ਪਰਚਾਰ ਕਰ ਰਹੇ ਸਨ ਕਿ ਗੁਰੂ ਹਰਿ ਗੋਬਿੰਦ ਜੀ ਦਾ ਜਨਮ ਹੋਇਆ। ਪਾਣੀ ਦੀ ਘਾਟ ਦੂਰ ਕਰਨ ਲਈ ਗੁਰੂ ਜੀ ਨੇ ਛੇ ਹਰਟਾਂ ਵਾਲਾ ਖੂਹ ਲਵਾਇਆ। ਇਸ ਨਗਰ ਦਾ ਨਾਮ ਭੀ ਛੇਹਰਟਾਂ ਹੈ ਤੇ ਇਥੇ ਇਕ ਪ੍ਰਸਿੱਧ ਗੁਰਦੁਆਰਾ ਹੈ। ਸਨ ੧੫੯੭ ਵਿਚ ਲਾਹੌਰ ਵਿਚ ਬਿਮਾਰੀ ਫੈਲ ਗਈ। ਭੁੱਖ ਅਤੇ ਬਿਮਾਰੀ ਕਾਰਨ ਲਾਹੌਰ ਦੇ ਬਾਜ਼ਾਰ ਲਾਸ਼ਾਂ ਨਾਲ ਭਰੇ ਰਹਿੰਦੇ। ਉਹਨਾਂ ਨੂੰ ਸ਼ਹਿਰ ਵਿੱਚੋਂ ਹਟਾ ਕੇ ਦਬਾਣ, ਸਾੜਨ ਦਾ ਕੋਈ ਪ੍ਰਬੰਧ ਨਹੀਂ ਸੀ। ਗੁਰੂ ਜੀ ਨੇ ਮੁਰਦੇ ਚੁੱਕਣ ਤੇ ਸਾੜਨ, ਦਬਾਣ ਦਾ ਕਮ ਆਪ ਸ਼ੁਰੂ ਕੀਤਾ। ਲੰਗਰ ਲਵਾਏ ਗਏ ਤੇ ਚੂਨਾ ਮੰਡੀ ਲਾਹੌਰ ਵਿਚ ਇਮਾਰਤ ਬਣਾਉਣ ਦਾ ਕੰਮ ਸ਼ੁਰੂ ਕੀਤਾ, ਕਿ ਲੋਕਾਂ ਲਈ ਰੁਜ਼ਗਾਰ ਅਤੇ ਟਕਾਣੇ ਦਾ ਪ੍ਰਬੰਧ ਹੋ ਸਕੇ। ਇਸ ਸਮੇਂ ਗੁਰੂ ਜੀ ਅੱਠ ਮਹੀਨੇ ਲਾਹੌਰ ਰਹੇ। ਲਾਹੌਰ ਤੋਂ ਚਲ ਕੇ ਮਦਰ, ਜੰਬਰ, ਚੂਨੀਆਂ, ਬਹੁੜਵਾਲ ਹੁੰਦੇ ਹੋਏ ਗੋਇੰਦਵਾਲ ਪੁਜੇ। ਅਕਬਰ ਬਾਦਸ਼ਾਹ ਜਦੋਂ ਲਾਹੌਰ ਆਇਆ ਤਾਂ ਉਸ ਨੇ ਗੁਰੂ ਜੀ ਦੀਆਂ ਵਡਿਆਈਆਂ ਦੇ ਕਿੱਸੇ ਸੁਣੇ। ੨੪ ਨਵੰਬਰ ੧੫੯੮ ਨੂੰ ਦਿੱਲੀ ਨੂੰ ਵਾਪਸ ਜਾਂਦਾ ਅਕਬਰ ਗੋਇੰਦਵਾਲ ਆ ਗਿਆ। ਗੁਰੂ ਜੀ ਨੂੰ ਮਿਲਿਆ, ਲੰਗਰ ਵਿਚ ਧਰਤੀ ਤੇ ਬੈਠ ਕੇ ਪੰਗਤ ਵਿਚ ਪਰਸ਼ਾਦਾ ਛਕਿਆ ਅਤੇ ਬਹੁਤ ਪ੍ਰਭਾਵਤ ਹੋਇਆ। ਜਗੀਰ ਦੇਣੀ ਚਾਹੀ। ਗੁਰੂ ਜੀ ਨੇ ਨਾਂਹ ਕਰ ਦਿੱਤੀ ਤੇ ਕਿਹਾ ਕਿ ਸੰਗਤ ਦੀ ਚੀਜ਼ ਹੈ ਤੇ ਸੰਗਤ ਹੀ ਚਲਾਏਗੀ। ਜਾਗੀਰਾਂ ਆ ਗਈਆਂ ਤਾਂ ਬਖੇੜੇ ਪੈਣਗੇ। ਗੁਰੂ ਦੀ ਖੁਸ਼ੀ ਇਸ ਵਿਚ ਹੈ ਕਿ ਮਾਲੀਆ ਜੇ

ਵਧਾਇਆ ਹੈ, ਇਸ ਨੂੰ ਘਟ ਕਰ ਦਿਓ, ਤਾਂ ਕਿ ਪ੍ਰਜਾ ਥੋੜੀ ਸੁਖੀ ਹੋ ਜਾਵੇ। ਅਕਬਰ ਨੇ ਹੁਕਮ ਕੀਤਾ ਕਿ ਛੇਵਾਂ ਹਿੱਸਾ ਮਾਲੀਆ ਮੁਆਫ ਕੀਤਾ ਜਾਵੇ। ਗੁਰੂ ਜੀ ਦੀ ਸ਼ਖਸੀਅਤ, ਮਿੱਠੇ ਬੋਲ, ਪਿਆਰ ਭਰੇ ਸੁਭਾ, ਰਹਿਣੀ ਬਹਿਣੀ, ਨਿਮੂਤਾ ਤੇ ਕਰਨੀ ਤੋਂ ਅਕਬਰ ਬਹੁਤ ਪ੍ਰਭਾਵਤ ਹੋਇਆ। ਤਕਰੀਬਨ ਇਕ ਸਾਲ ਗੁਰਦਾਸ ਪੁਰ ਦੇ ਇਲਾਕੇ ਵਿਚ ਪਰਚਾਰ ਕਰ ਕੇ ੧੬੦੧ ਨੂੰ ਗੁਰੂ ਜੀ ਅੰਮ੍ਰਿਤਸਰ ਆਏ।

ਏਥੇ ਆ ਕੇ ਇਹਨਾਂ ਸਾਰੀ ਬਾਣੀ ਜੋ ਗੁਰੂ ਨਾਨਕ ਇਕਠੀ ਕਰਕੇ ਦੇ ਗਏ ਸੀ, ਤੇ ਜੋ ਇਹਨਾਂ ਆਪ ਉਚਾਰੀ, ਇਸ ਨੂੰ ਤਰਤੀਬ ਦੇਣ ਦਾ ਕੰਮ ਆਰੰਭ ਕੀਤਾ। ਭਾਈ ਗੁਰਦਾਸ ਨੂੰ ਲਿਖਣ ਵਾਸਤੇ ਲਾਇਆ। ਪਹਿਲਾਂ ਜਪ ਜੀ, ਸੋਦਰ, ਤੇ ਸੋਹਿਲਾ ਉਪ੍ਰੰਤ ਬਾਣੀ ਰਾਗਾਂ ਵਿਚ ਸ਼ੁਰੂ ਕੀਤੀ। ਕੁਲ ੩੦ ਰਾਗਾਂ ਵਿਚ ਬਾਣੀ ਲਿਖੀ ਗਈ। ਪਹਿਲਾਂ ਸ਼ਬਦ ਮਹਲੇ ਵਾਰ, ਫਿਰ ਛੰਦ ਅਤੇ ਖਾਸ ਸਿਰਲੇਖ ਵਾਲੀਆਂ ਬਾਣੀਆਂ (ਪੱਟੀ, ਬਾਰਾਂ ਮਾਂਹ, ਆਨੰਦ, ਸੁਖਮਨੀ ਆਦਿ) ਫਿਰ ਵਾਰਾਂ ਉਪ੍ਰੰਤ ਭਗਤਾਂ ਦੇ ਚੋਣਵੇ ਸ਼ਬਦਾਂ ਨੂੰ ਥਾਂ ਦਿੱਤੀ।

ਰਾਗਾਂ ਪਿੱਛੋਂ ਉਹ ਬਾਣੀਆਂ ਲਿਖਿਆ ਜੋ ਰਾਗਾਂ ਵਿਚ ਨਹੀਂ ਸਨ ਜਿਵੇਂ ਸੰਸਕ੍ਰਿਤੀ, ਸਲੋਕ, ਗਾਥਾ, ਫੁਨਹੇ, ਚਉਬੇਲੇ, ਭਗਤ ਕਬੀਰ ਅਤੇ ਫਰੀਦ ਜੀ ਦੇ ਸਲੋਕ, ਸਵੱਈਏ। ਫਿਰ ਸਲੋਕ ਵਾਰਾਂ ਤੋਂ ਵਧੀਕ ਅਤੇ ਮੁੰਦਾਵਣੀ ਦੇ ਸਿਰਲੇਖ ਹੇਠਾਂ ਸਲੋਕ ਦਰਜ ਕੀਤੇ। ਇਹ ਗ੍ਰੰਥ ਤਿਆਰ ਕਰਵਾਕੇ ਹਰਿਮੰਦਰ ਸਾਹਿਬ ਵਿਖੇ ੧੪ ਅਗਸਤ ੧੬੦੪ ਨੂੰ ਸਮੋਭਤ ਕਰ ਦਿੱਤਾ। ਸੋ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੇ ਜਿਥੇ ਸਿੱਖਾਂ ਨੂੰ ਇਕ ਕੇਂਦਰ ਬਖਸ਼ਿਆ, ਓਥੇ ਉਹਨਾਂ ਨੂੰ ਅਹਿਲੇ ਕਿਤਾਬ ਭੀ ਬਣਾ ਦਿੱਤਾ।

ਅੰਤ ਪ੍ਰਿਥੀ ਚੰਦ ਦੀਆਂ ਸਾਜ਼ਸ਼ਾਂ ਤੇ ਮੀਣਿਆਂ ਦੀਆਂ ਕੋਈਆਂ ਹਰਕਤਾਂ ਨੇ ਹੁਕੂਮਤ ਦੇ ਅਹਿਲਕਾਰਾਂ ਦੇ ਐਨੇ ਕੰਨ ਭਰੇ ਤੇ ਏਨੀਆਂ ਝੂਠੀਆਂ ਸੱਚੀਆਂ ਕਹਾਣੀਆਂ ਦਾਸੀਆਂ ਕਿ ਹੁਕੂਮਤ ਨੇ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਨੂੰ ਲਾਹੌਰ ਬੁਲਾਇਆ। ਚੰਦ ਹਤਿਆਰੇ ਨੇ ਤਰਾਂ ਤਰਾਂ ਦੇ ਤਸੀਹੇ ਦੇ ਕੇ ਜਹਾਂਗੀਰ ਦੇ ਹੁਕਮ ਅਨੁਸਾਰ ਖੁਸਰੋ ਦੀ ਮਦਦ ਕਰਨ ਦੇ ਦੋਸ਼ ਵਿਚ ੩੦ ਮਈ ੧੬੦੬ ਨੂੰ ਸ਼ਹੀਦ ਕਰ ਦਿੱਤਾ।



Punjabi School

Update from Education Department

Dear Parents,

Last year, we had to close The Punjabi School because of the Covid 19 pandemic and now it has been reopened along with other national institutions as per government guide lines. A level and GCSE classes are held on Sundays from 10 AM to Noon. Younger children in groups 1 and 2 have also been attending from 10 to 11-30 AM.

We would like to welcome all our children back to Punjabi School for the last term of the educational year. New children could also start. However, from 13th June to 18th July 2021 we hope to revert to our normal time table as it coincides with the end of lockdown.

Our regular normal time will be as follows:

Sunday session 1 09-30 AM to 11-00 AM

Sunday session 2 11-15 AM to 12-45 PM

Tuesday classes will start from 6-00 PM to 7-30 PM.

All children are welcome to start attending now and parents are requested to drop children at school on Sunday mornings. Please be assured that all the necessary precautions have been taken to provide a safe environment for learning.

Head of Education, Gurdwara Sri Guru Singh Sabha, Hounslow (TW3 3UD).

Parkash Divas of Guru Amar Dass ji comes on 23 May 2021. This piece of writing includes information on his life and contribution to the Sikh religion.

ਭਲੇ ਅਮਰਦਾਸ ਗੁਣ ਤੇਰੇ ਤੇਰੀ ਉਪਮਾ ਤੇਰਿ ਬਨਿ ਆਵੈ।

SGGS Ang 1396

O Guru Amar Dass, Your Glorious Virtues are so sublime; Your Praises belong only to You.

Guru Amardas ji, the third Guru was born on 23 May 1479 to Bhai Tej Bhan and Mata Lachmi at Basarke district, Amritsar. At the age of 24 he was married to Mata Mansa Devi, and they had two sons and two daughters.

In his early life he used to go on pilgrimages to holy places like Hardwar with other people, travelling in groups for safety, security and inspiration. He had been to various religious places, yet his mind was not at ease. The more he visited holy places, the stronger became his desire to search for the Truth. One early morning he heard his daughter in law Bibi Amro reciting a shabad of Guru Nanak Dev ji, which appealed to his mind, and he got the information about the then present Guru, Guru Angad Dev ji, and went to see him. Guru Angad, who was the father of Bibi Amro, being a relative received Baba Amar Dass who was about 61 years of age, cordially and respectfully. Baba Amar Dass was impressed by the personality of Guru Angad Dev ji, and decided to stay there. He tested the atmosphere and found that the people at this place were all practising religion sincerely. So Baba Amar Dass stayed at Khadoor Sahib where he worked everywhere in the langar, brought water every day from the river Beas for Angad Dev ji's morning bath and helped the Sangat in every possible way, without expecting anything in return.

Though in his 70s, he worked like young people. One early morning, while he was returning with the water pot on his shoulder, he slipped and fell on the ground but he did not let the water pot fall and kept it upright, supported with his hands. The commotion caused by his fall was heard by people dwelling in the house nearby who taunted him that having no place of his own, he was doing this menial job. Guru Angad Dev ji came to know the remarks and honoured Amar Dass as the next Guru.



Meanwhile one Govida Marwaha, a rich khatri, had a big piece of land at the bank of the Beas river and he wanted a new town to be established there. Guru Angad Dev sent Guru Amar Dass to stay at Goindwal and make sure that the town flourished. Baba Amar Dass ji moved to Goindwal along with his family and settled there permanently. At Goindwal he introduced and executed all the important principles of Sikhi strictly.

1. He pleaded for social equality and condemned the differences between high born or low born. He made it compulsory for every visitor to first eat langer sitting in rows on the ground, then meet the Guru. Even Akbar, the Mughal Emperor had to sit in the Pangat, then meet the Guru.
2. He made langar a permanent feature and strengthened it with all possible help.
3. He accepted inter caste marriages, banned the purdah and granted equality of men and women.
4. He forbade the cruel custom of 'sati' – burning of the wife alive with the dead husband.
5. He simplified social customs observed at the occasion of birth, marriage or death.

Guru Arjan Dev ji's Barah Maha Bani..

Vaisaakh is the second month in the Nanakshahi calendar. This month coincides with April and May in the Gregorian calendar, and the Indian national calendar. It coincides with the time of crop harvesting in the Panjab region.



Vaisaakhi is the most important festival in the Sikh calendar, taking place on the first lunar month of Vaisaakh, which falls on 14th April each year. In Sikh culture it is referred to as Sangrand, being the start of a new month. On this day, the Khalsa was created and to mark this, much celebration takes place each year in the form of Samagams, Nagar Kirtans, Gatka exhibitions and Akhand Paath celebrations, in all Sikh Gurdwaras world wide. These celebrations continue for three days, to mark the first Vaisaakhi in 1699, when the Panj Pyaare were initiated into the Khalsa, by Guru Gobind Singh ji, at Anandpur Sahib, Panjab.

On the morning of 14th April with the Hukamnama from Siri Guru Granth Sahib ji, the message of the Vaisaakh month is read to the Sangat, from Ang 133. This message is intended for every Sikh to live his life in accordanc with the message in the verses of the Vaisaakh shabad in Barah Maha composition by Guru Arjun Dev ji. These are elucidated below.

ਵੈਸਾਖਿ ਧੀਰਨਿ ਕਿਉ ਵਾਢੀਆ ਜਿਨਾ ਪ੍ਰੇਮ ਬਿਛੋਹੁ ॥

In the month of Vaisaakh, how can the bride be patient? She is separated from her Beloved.

ਹਰਿ ਸਾਜਨੁ ਪੁਰਖੁ ਵਿਸਾਰਿ ਕੈ ਲਗੀ ਮਾਇਆ ਧੋਹੁ ॥

She has forgotten the Lord, her life companion, her Master; she has become attached to deceitful Maya.

ਪੁਤ੍ਰੁ ਕਲਤ੍ਰੁ ਨ ਸੰਗਿ ਧਨਾ ਹਰਿ ਅਵਿਨਾਸੀ ਓਹੁ ॥

Neither son nor spouse, nor wealth shall go along with you - only the Eternal Lord.

ਪਲਚਿ ਪਲਚਿ ਸਗਲੀ ਮੁਈ ਝੂਠੈ ਧੰਧੈ ਮੋਹੁ ॥

Entangled and enmeshed in the love of false occupations, the whole world is perishing.

ਇਕਸੁ ਹਰਿ ਕੇ ਨਾਮ ਬਿਨੁ ਅਗੈ ਲਈਅਹਿ ਖੇਹਿ ॥

Without the Naam, the Name of the One Lord, they lose their lives in the hereafter.

ਦਯੁ ਵਿਸਾਰਿ ਵਿਗੁਚਣਾ ਪ੍ਰਭੁ ਬਿਨੁ ਅਵਰੁ ਨ ਕੋਇ ॥

Forgetting the merciful Lord, they are ruined without God, there is no other at all.

ਪ੍ਰੀਤਮ ਚਰਣੀ ਜੇ ਲਗੇ ਤਿਨ ਕੀ ਨਿਰਮਲ ਸੇਇ ॥

Pure is the reputation of those who are attached to the feet of the Beloved Lord.

ਨਾਨਕ ਕੀ ਪ੍ਰਭ ਬੇਨਤੀ ਪ੍ਰਭ ਮਿਲਹੁ ਪਰਾਪਤਿ ਹੋਇ ॥

Nanak makes this prayer to God; 'Please come and unite me with Yourself'.

ਵੈਸਾਖੁ ਸੁਹਾਵਾ ਤਾਂ ਲਗੈ ਜਾ ਸੰਤੁ ਭੇਟੈ ਹਰਿ ਸੇਇ ॥੩॥

The month of Vaisakh is beautiful and pleasant, when the Saint causes me to meet the Lord.

Vaisakh days are very sorrowful, for all females who are away from their husbands and are in suffering of the pain of separation. In the same way Gurbani is saying, 'How can a mortal be in tranquility, who has forsaken the Beloved Lord for the love and attachment to Maya.'

No one, nor their material wealth, can go with the dying person. Those with the Lord's blessings become self realised and renounce maya, before death. Lord's love is the best companion, that helps to the door of liberation. The mammon gets no spiritual wisdom nor any praise after death.

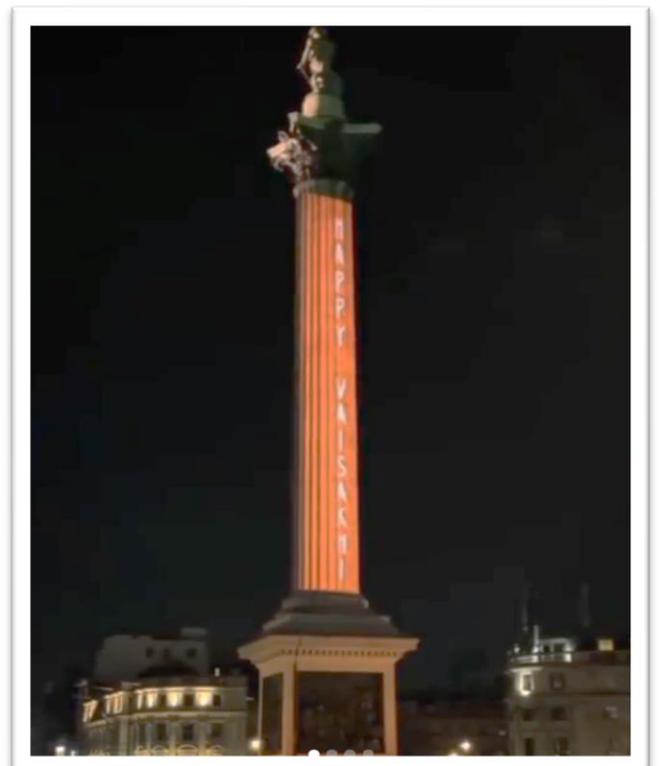
Guru ji is making supplication to the Lord for the union with the omnipresent Waheguru. As the whole plant world is blossoming in beauty in the *vaisant* season, the soul becomes beautiful and fulfilled if it gets to meet Waheguru.



Vaisakhi 2021

Trafalgar Square Lit

The famous monument Nelson's Column at Trafalgar Square, Central London, was lit on 14 April, Wishing Everyone



The future of Sikhi belongs to our Children. In our daily lives here in the West, Sikh parents face innumerable obstacles that hinder our ability to instil Sikh values in our growing children. Some of them are: time pressure, cultural and media distractions, lack of support systems and monetary constraints.

Nevertheless, I firmly believe that with the right approach, and measured discipline, parents can guide their children to the path of righteousness. To be effective, this ideally needs to be done in their formative years, well before they attain their teenage years. I hope you will find my experience with my two little boys inspiring.

Listening to Gurbani

I used to love 'Little Khalsa' on YouTube and would enact it with them as a morning ritual, even before they could speak. Music is the best way of attracting and exciting children. I would always either sing a shabad or put on live kirtan from Darbar Sahib at their sleeping times instead of lullabies. Internet can be a blessing when you do not have the energy yourself.

Listening to Gurbani in Gurdwara

Children do not like to sit in one place and listen in the Gurdwara because being born in UK, English is more or less their first language. As a result, they do not understand most of the messages being given in the Gurdwara and lose interest. Thanks to modern technology and apps like igurbani, I started telling them the meaning of the kirtan being sung and explain to them in English what was being said by the Kathawachaks. It has worked like a charm. It has made them inquisitive and they developed a hunger to learn more about Sikhi.



Kirtan

Regularly listening and learning kirtan has also boosted their confidence to mingle in the community. When I teach them kirtan, I first explain to them the context and meaning of the kirtan for their better understanding. It helps them to fully invest themselves in the learning. We do a 10min practice every day.

Dastar

Both my boys started wearing dastar from their first Vaisakhi when they were only a few months old. It was part of their attire when we went out. As a result, they hardly ever complained that it was heavy or uncomfortable, and people were amazed. I am not saying that there weren't any occasions when we had to coerce them. There definitely were, but just like you cannot give up on giving medicine to a sick child because it does not taste good, you cannot let them have their way always especially when it comes to instilling Sikh values.

I found that telling them the importance of tying a dastar and history of sacrifices that comes with it, made them understand its value and take pride in themselves.

Seva

Whenever we went to Gurdwara, I would take my children to take part in seva either in the community kitchen or joda ghar or any other available seva. They also help me with the library work when needed.

A lot of us think that they are too small or young to get engaged. All I can say is that keep them safe but make it happen. They love when you trust them. I still remember the brilliant smile my little one had on his face when he rolled his first parshada.



Nitnem, Simran and Ardas

I don't think I am a good role model to my kids as I am not an early riser, but rather than beating up myself for that, I tend to focus on what I can still do with my imperfections.

When the children bathe in the morning and are dressing up, they always recite Jap Ji Sahib as much as they can in that limited time (mostly 21 pauris). Sometimes we just do simran for the whole duration.

We also do Rehraas Sahib and Ardas in the evening and then Sohila Sahib before bedtime. They also take turns to do the jaikara after Ardaas of Rehraas Sahib path and they are always so excited about it. In doing so, I hope I can instil the importance of nitnem in their lives as a Sikh.

Before having our food we do a small prayer to thank Waheguru ji for His abundance. Establishing the meaning and importance of Ardas at an early age is very important.

Sharing and being selfless

Wand Chakna is an integral part of sikh belief system. Daswand of money is something I want to introduce to them once they start earning pocket money. However, right now we take out the daswand of our time and sewa.

Daswand simply means that every time you earn money, you need to separate 10% for charity. In terms of time and effort you take out 10% from every day and do keertan, path, simran or sewa in however way possible.

Equality and tolerance

I try to instil a sense of equality and respect for the entire humanity in them by not using a cast after their or my name and having friends from every cast, religion, stature and colour. It is important that they do not discriminate based on any criteria when interacting in the society.

Knowledge of history

Bedtime stories are the best way of educating your children about the sacrifices Sikhs have made to preserve their identity. You can easily get them from your local Gurdwara libraries.

Initially they were opposed to the idea of listening to Panjabi books, so I would read them 2 books. I would read the Panjabi book first for some time and then read one of their favourite books. Thankfully, they now choose the Panjabi books they want me to read to them or they can read by themselves.

I also ask them a lot of questions from the book so they are kept excited and if we can find some videos related to the topic, which is even better.

I have also found that participating in lecture competitions have also helped them learn more about the Sikh history.



Gatka

I joined Gatka with my elder son (he was not embarrassed, don't worry) as a way of exercise, discipline and being part of the community. It is important that you demonstrate to your kids, that you are as excited to be a part of their lives and not using these activities as an excuse to get away from them. Also, that learning Gatka carries the same or even more weight than learning any other martial arts so they take pride in it.



Courtesy

From early childhood I wanted my children to be humble and show respect to every individual irrespective of whether they are sewadaars or otherwise. So we started doing a Fateh (Sikh greeting) to the sewadaar distributing parshaad, every time we went to the Gurdwara.

Learning Gurmukhi

It is important to make the children learn Gurmukhi because it will enable them to read and understand the Gurbani written by our gurus and follow the Sikh Way of Life. I found using flash cards most useful to make them remember different Gurmukhi alphabets. Once they could recognise the alphabet akhars, or letters, we started reading simple words and so forth.

I hope you found the above ideas helpful. Do share your ideas if they have worked for you and your children, so we can all as a community strengthen the beliefs of our next generation. I look forward to sharing your experience and that of any young parents that you might know. Please email comments to this address: **1manpreetkaur@pm.me**



Planting Seed

Thank you for all of you who attended the Planting Seeds held over zoom. I hope you found the session helpful and inspiring. We will be putting together our vegetable planters on **22nd May at 12:30 behind the school building.**

If you are able to help out please bring your hammer, staple gun, and gloves. Covid rules will apply so wear a face mask. Your assistance will be appreciated. Our aim is for the gurdwara to have a vegetable plot, growing a variety of vegetables, and herbs. Everything grown will be organic and given as langar and local food bank.

Our next even is on Saturday 29th May 12:30-1:30 when we will be planting the seeds we have grown.

The RHS kindly donated seed packs and there are still a few seed packs available if you are interested in receiving one pack contact Supinder on supindergill66@yahoo.com. The packs contain seeds, instructions, soil, and a RHS pencil You will need to collect the packs.

London in Bloom 2021

The Gurdwara has entered into London in Bloom 2021.

We will be assessed in July. London in Bloom is a great opportunity to raise Sikhi ethos to the wider community.

We humbly ask you not to drop litter in the planters, or pluck any of the plants/flowers. Cuttings of plants will be available in September and will be handed out to those interested.

As restrictions on Covid are slowly being reduced we plan to hold outdoor events which will be announced on this page and on social media.



SIKH ASSISTED MARRIAGES

Application forms for this service are available from the Gurdwara. The completed application form and a passport size photograph, with a non-refundable **registration fee of £50** (cheques payable to Sri Guru Singh Sabha) should be sent to: The Matrimonial Service, Gurdwara Sri Guru Singh Sabha, Alice Way, Hanworth Road, Hounslow, Middlesex. TW3 3UA

Participants must be registered on our matrimonial database to benefit from this service.

Personal and telephone enquiries are welcome as follows:

Monday – Sunday

10:00am – 2:00pm

Telephone Enquiries: **020 8814 6701**

All information will be strictly confidential and sincere efforts will be made in good faith to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or otherwise, for any alleged act of negligence, omission, or commission by either of the parties concerned, nor will it be liable for any legal action.

The Gurdwara current list of our matrimonial partners appears below.

MALES

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2861	27/10/89	BSc Maths & Management	Senior Commercial Analyst	5' 06"
2862	10/09/90	BSc, MSC Finance & Risk	Self Employed	5' 04"
2864	18/03/90	Charter Accountant	British Gas	5' 08"
2865	23/09/78	LLB(hons); PGDLP; PGDNP; MSc Law	In-House Counsel Solicitor	5' 09"
2866	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer	5' 07"
2867	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2868	19/03/92	BA Economics	Accountant, Studying Ch. Acc.	6' 03"
2869	23/11/82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2870	05/12/93	MSc Mechanical Engineering	Site Engineer	5' 09"
2871	10/03/92	BSc, MBChB, MRES	Hospital Doctor	5' 09"
2872	27/04/86	BSc Business, LLB Law	Compliance Analyst	5' 10"
2874	30/09/89	BA(hons) Business Marketing	Digital Marketing	5' 11"
2875	23/04/91	BA(hons) Film & TV Studies	Heathrow Airport	5' 10"
2876	30/06/87	A Levels, Professional Financial Qual.	Risk Consultant Property Devel.	6' 02"
2877	29/09/84	MBBS	GP Doctor	5' 06"
2878	28/08/96	Apprenticeship	Software Engineer	6' 00"
2879	07/04/75	Bachelors	Civil Service Govt. Dept.	5' 08"
2880	08/04/94	Degree Geography	Law Enforcement	5' 05"
2881	10/07/75	LLB	Transport	5' 09"
2882	16/01/94	MBBS, BSC(hons)	Doctor	6' 00"
2883	22/03/90	MPharm	Army Officer, Pharmacist	6' 01"
2884	14/04/91	BSc Maths, MSc Finance	UBS Investment Banker Strategist	5' 11"
2885	27/06/92	BDS	Dental Surgeon	5' 10"
2886	31/08/89	BDS, BEng, MSc Dental Implant Surgery	Dentist	6' 04"
2887	02/04/91	BSc Accounting & Finance	Accountant	6' 00"

2888	31/01/93	BSc(hons) Financial Mathematics	Banking Analyst	5' 11"
2889	23/05/95	M Pharm(hons)	Pre-Reg Pharmacist	5' 11"
2890	17/09/89	LLB Law	Solicitor	5' 10"
2891	06/09/92	BA(hons) Business & Computing	Ffinance Officer-LBH Council	5' 07"
2892	06/11/87	BSc(hons) Pharmaceutical Science	Manager at Pharmaceutical co.	5' 10"
2893	20/05/84	MBBS, FRCR	NHS Consultant	5' 09"
2894	06/01/58	BSc(hons)	Senior Tech. Cons. on sabbatical	5' 08"
2895	28/11/92	BSc Economics, Chartered Accountant	Financial Analyst	5' 08"
2896	02/04/92	BSc Computer Science	IT Consultant	6' 01"
2897	18/05/92	BDS, MJDF	Associate, on specialist training	5' 08"
2898	17/07/88	BSc Economics, Chartered Accountant	International Tax Director	6' 00"
2899	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
2900	18/12/81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
2901	16/11/94	BA Economics	Management Accountant	5' 10"
2902	08/05/81	A Levels	Managing Director	5' 07"
2903	02/09/91	Engineering degree Construction	Estate Agent-own business	6' 00"
2904	01/04/88	CIMA (part qualified)	Management Accountant	5' 11"
2905	10/05/85	A Levels, Diploma	Renault	5' 05"
2906	30/07/93	BA Hospitality & Management	Hotelier	5' 09"
2907	15/09/88	BA Accounting & Finance	Manager, EE Mobile Co.	5' 08"
2908	05/11/91	LLB	Lawyer	6' 02"
2909	22/02/93	BDS	Dentist	6' 00"
2910	17/04/94	BDS Dental Surgery	Dentist	6' 01"
2911	25/04/94	MBBS, BSc(hons)	NHS Hospital Doctor	5' 08"
2912	19/03/95	Dip.General Nursing, stdy BSc Health	Health Care Assistant	5' 08"
2913	20/03/91	BSc Mathematics	Chartered Accountant	6' 02"
2914	31/12/78	Dip. In Yoga, Dip. In Business	Director	6' 00"
2915	26/08/93	BSc Computing	Senior Manager-Local Gov.	none
2916	01/07/90	BSc Maths, Chartered Accountant (ICAS)	Investment Management	5' 11"
2917	26/04/88	A Levels	Aviation	5' 07"
2918	09/06/77	College	British Airways	6' 01"
2919	24/08/93	MSc Systems Engineering	Software Developer	5' 08"
2920	17/07/95	BA Business Studies	Unemployed	6' 03"
2921	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2922	13/01/93	BA Business Management	Accounts Assistant	5' 07"
2923	09/10/87	B Eng (civil Engineering)	Property Developer	6' 02"
2924	02/11/74	B Eng MSC	Senior Project manager	5' 09"
2925	03/12/94	BA Econ & Politics MSC Real Estate	Corporate Investments	5' 11"
2926	30/01/94	BA Finance and CIMA	Accountant	6' 03"
2927	26/05/91	Bsc Business Studies	IT Consultant	6' 02"
2928	09/11/91	BSc Economics, Chartered Accountant	Chartered Accountant	6' 02"
2929	07/06/84	BSc, MSc Computer Sci.	Ops. Director Family business	5'11½"
2930	01/04/91	BA Accounting & Finance, ACCA	Business Analyst	6' 01"
2931	15/08/89	BSC(hons), PGCE,, NPQML	Maths Specialist Teacher	5' 10"
2932	15/11/86	MSc Information Technology, MBA	Senior Software Architect	5' 11"
2933	15/10/74	GCSE, BTEC Business & Finane	British Airways-Check In	5' 10"
2934	11/02/94	BSc(hons) Biochemistry, Dentistry	-	5' 08"
2935	17/10/91	BSc (hons)	Actuary	5' 10"
2936	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2937	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"

2938	26/07/90	MBBS, FRCR	Hospital Doctor-ST5 final yr	5' 10"
2939	26/08/95	BDS	Dentist-self employed	5' 9.5"
2940	29/07/94	BSc(hons), MBBS	NHS Hospital Doctor	5' 10"
2941	19/01/89	BSc Business Mananement	Online Sales at Sky TV	6' 00"
2942	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2943	22/01/88	MBBS, BSC(hons), FRCR	Radiology Consultant	5' 10"
2944	12/08/95	Dispensing Optician	Store Manager-Specsavers	5' 11"
2945	30/01/90	Carpentry	Property Management	5' 06"
2946	11/10/94	BSc, ACA	Chartered Accountant	5' 09"
2947	26/09/82	Accountancy	Own Business- EstateAgency	5' 11"
2948	25/02/93	BA(hons) Airline/Airport Management	Regional Education Manager	5' 11"

F E M A L E S

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
9248	26/03/91	Mc Optom	Optometrist	5' 03"
9249	22/11/86	BSc Economics,MSc	Banking Treasury Support Ass.	5' 04"
9250	16/04/78	BA(hons) Accounts & Finance	Accounts Manager	5' 05"
9251	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9252	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9253	19/06/87	ACCA	City Credit Capital	5' 04"
9254	12/08/86	BA(hons) French & Italian	Accenture IT Consulting	5' 07"
9255	21/05/84	CIPD Level 5	HR Assistant	5' 06"
9256	16/01/88	BA(hons) Finance	Finance Manager	5' 07"
9257	17/02/93	BSc, MSc Physics	Radiotherapy Physics	5' 05"
9258	18/01/87	LLB, ACCA	Accountant	5' 03"
9259	13/12/81	GNVQ Advance Business	Pre-School Teacher	5' 05"
9260	19/10/94	MA(hons) Finance & Accounting	Admin Finance	5' 08"
9261	24/02/91	BA Business & Finance	Bank Officer	5' 04"
9262	24/07/85	BSc(hons) Neuroscience	Editor	5' 04"
9263	14/03/90	LLB	Solicitor	5' 02"
9264	07/01/89	MBChB, MSc, MRCS	ST3 Surgical Registrar	5' 08"
9265	27/12/85	AAT Accounts	Credit Controller	5' 08"
9266	21/01/90	BSC Psychology	Senior Dental Nurse	5' 09"
9267	13/10/92	BA Economics, stdy. CIMA	Finance Analyst	5' 03"
9268	06/01/94	MA Human Resource Management	HR Advisor	6' 00"
9269	01/11/90	BSc(hons) Economics	VP Investment Banking	5' 04"
9270	12/01/90	BA(hons), MSc Management, PGCE	Asst. Head of Year, Teacher	5' 04"
9271	28/01/89	BSc(hons), MSc, MBA	NHS England-Senior Director	5' 04"
9272	22/12/93	BSc, masters degree	recruitment Consultant	5' 03"
9273	18/12/93	masters International Studies	Civil Services	5' 03"
9274	17/11/86	BM Bmed sci(hons)	NHS Doctor	5' 05"
9275	13/09/80	Masters	Account Director	5' 03"

9276	22/03/86	Degree Business Economics	Strategy&Digitilisation Manager	5' 04"
9277	24/09/85	BA Business Management	British Gas, p/t study	5' 04"
9278	25/05/89	Masters Mathematics	Actuary	5' 07"
9279	28/03/88	CACHE Diploma Childcare	Radiology Assistant-NHS Hosp.	5' 06"
9280	21/10/93	CACHE Level 3 Dip. Nursery Nurse	Local School	5' 00"
9281	06/07/91	BSc(hons), ICAEW ACA	Group Financial Accountant	5' 10"
9282	04/06/92	M Pharm	Pharmacist	5' 07"
9283	04/02/97	BSc, McOptom	Optometrist	5' 03"
9284	12/05/86	BA(hons)	SVP Creative & Content	5' 08"
9285	21/06/82	BSc(hons)Business Management, CIPDHR	Manager	5' 04"
9286	30/01/88	BDS	Dentist	5' 00"
9287	20/08/85	BSc Optometry	Optician	5' 06"
9288	25/12/85	MBChB, MRCP	Doctor Senior Registrar	5' 06"
9289	19/01/93	MBBS, BSc(hons)	Doctor	5' 02"
9290	29/08/88	LLB	Contract Manager	5' 05"
9291	31/07/91	BSc(hons) McOptom	Optometrist	5' 07"
9292	12/02/87	BSc(hons), CIPFA	Accountant	5' 02"
9293	12/09/91	MPharm	Pharmacist	5' 04"
9294	28/05/93	LLM, Postgraduate	Solicitor	5' 06"
9295	13/07/91	Deg. Accountancy/Finance, stdy ACA	Bank- Finance Management	5' 04"
9296	30/11/92	BA(hons) Business	HR	5' 07"
9297	10/11/78	BA(hons) Fashion Design	Reference Co-ordinator, HR	5' 04"
9298	24/08/84	MBChB, PhD	Doctor in NHS	5' 04"
9299	09/11/96	BSc Accounting, ACA	Accountant	5' 04"
9300	12/04/84	PostGraduate	Education Welfare Officer	5' 04"
9301	16/06/95	Foundation Deg. Pharmaceutical Sci.	NHS Pharmacy Technician	5' 05"
9302	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Deputy ManagerPrivate Nursery	5' 01"
9302	14/08/75	BSc(hons), MBA, PhD	Associate Director-Gen. Med.	5' 07"
9304	16/06/96	MBBS, BSc(hons)	NHS	5' 07"
9305	04/12/86	LLB, PGCE	Teacher	5' 03"
9306	04/12/81	MSc Physics	Research Scientist	5' 09"
9307	16/09/96	Bsc Maths and Economics	Technical Business Analyst	5' 03"
9308	29/03/79	BSc(hons) Pharmacology	Senior manager	5' 07"
9309	21/07/92	MDS	Dentist	5' 04"
9310	09/02/92	BSc Biomedical Science	Clinical Trials Data Manager	5' 05"
9311	28/01/94	BSc Biomedical Scicenc, BDS	Dentist	5' 00"
9312	28/08/92	BSc(hons),ACA Chartered Accountant	International Tax Advisor	5' 09"
9313	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9314	26/05/81	BSc,ACA(fellow)Chartered Accountant	Director of Policy	5' 04"
9315	12/06/84	BSc(hons),ACCA Chartered Account.	Senior Financial Analyst	5' 07"
9316	08/02/86	LLB, LLM	Lawyer	5' 06"
9317	05/06/96	MBBS	Junior Doctor(2nd year)	5' 08"
9318	05/09/92	BSc, MBBS	Doctor in Hospital	5' 06"
9319	05/08/95	Dentist	-	5' 03"

9320	27/02/86	BSc Business Info. & Technology	Systems Analyst	5' 04"
9321	16/09/93	MChB(hons), BSc(hons)	Doctor	5' 03"
9322	09/08/95	LLB(hons) Law	Legal Advisor, Civil Service	5' 5½"
9323	03/01/78	6 GCSE A-C	Learning Support Assistant	5' 00"
9324	29/09/92	Graduated, CPL	-	5' 05"
9325	03/12/93	BSc(hons), ACCA	Management Accountant	5' 07"
9326	03/12/93	Degree(hons) Economics & Finance	Senior Credit Risk Analysis	5' 04"
9327	13/03/91	MBBS, BSc(hons)	NHS Hospital Doctor	5' 07"
9328	21/02/95	Deg. Finance/Accounting/Bus. Std.	working in Bank-Finance Dept	5' 04"
9329	03/07/93	MBBS, BMedSc	NHS Doctor	5' 06"
9330	12/11/83	Solicitor	Solicitor	5' 04"
9331	10/10/91	BSc Economics&Financa, ACCA	-	5' 04"
9332	25/11/93	DDS-Dentist	self employed	5' 08"



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FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Daily	Mon - Sat Sunday	10 am - 1 pm 10 am - 3 pm
Legal Advice	Ground Floor	Every Second Thursday of the Month		
Note: This service has been discontinued.				
General Enquiries Office	Ground Floor Main Bldg	Daily	Mon - Sun	10 am - 6 pm
Metropolitan Police	Ground Floor Main Bldg	Weekly	Tuesday	11 am - 12pm
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe	Weekly	Tuesday	10 am - 3 pm
Financial Advice & Estate Planning	Ground Floor New Annexe	On Demand		
Disability Network Hounslow	Ground floor New Annexe	Weekly	Friday	2 pm - 4.30 pm
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Weekly	Sunday	11 am - 2 pm
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg	Weekly	Thursday	10 am - 12 pm
Bereavement Service	On Demand			
Drug & Alcohol Addiction Service	On Demand			

Please note these regular Gurdwara Services are currently suspended, in compliance with the government requirements.

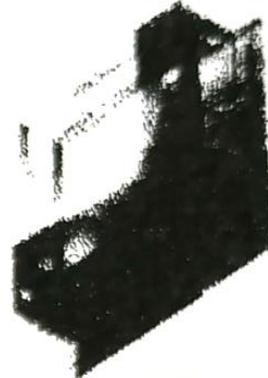
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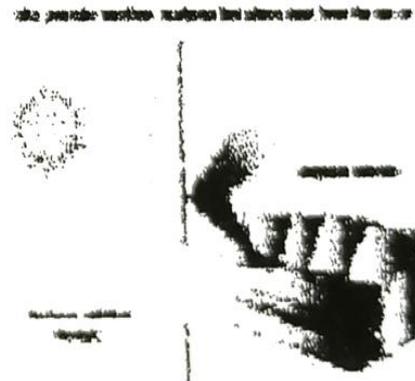
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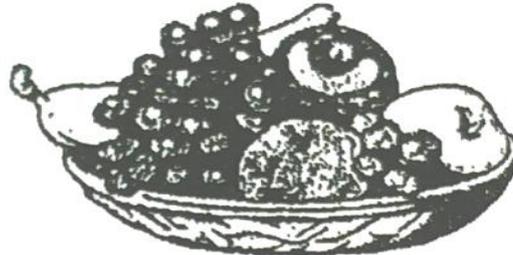
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