## What is Guru Nanak Gurpurab?

November 15 commemorates Guru Nanak Gurpurab which celebrates the birth of Guru Nanak Dev Ji, the first guru of Sikhism. He was a man of peace who spent his life promoting equality and tolerance. He always preached happiness, humanity, and harmony.

Guru Nanak Dev Ji stood against discrimination and was a firm believer of peace and prosperity. He wrote the "Guru Granth Sahib Ji" a sacred Sikh scripture that has 974 hymns (Shlokas). It has messages of peace, humanity, and selfless service towards all people.

On this day, Sikhs begin their morning with a Nagarkirtan (procession) led by the <u>Pani</u> <u>Pyare</u> (the five beloved ones). They carry the Sikh flag, leading devotees through the streets creating an atmosphere of joy, unity, and spirituality.

After the procession, many people visit the gurudwara (place of worship) and listen to a reading of the Guru Granth Sahib symbolizing a continuous connection with the divine. They also perform kirtan (devotional singing) and offer kara parshad (a sweet pudding made from wheat flour, sugar, and clarified butter). Sikhs provide langar- a free communal meal for everyone irrespective of gender, caste, class, or creed.

In Niagara Region, you can visit the <u>Sikh Society of Niagara Falls</u> for langar or to listen to some kirtans.

To all those celebrating, wishing you and your family a blessed Gurpurab!