

SGNC Langar Guidelines

SGNC Langar is prepared in accordance with Maryada established by Akaal Takhat Sahib. There are additional regulations mandated by the governments of Durham City, County, the State of North Carolina, and other government agencies for health and safety concerns.

Therefore, we, the management volunteers at SGNC, request the families and individuals who volunteer for Langar Sevaa to diligently adhere to Langar Maryada as described below. If a family refuses to abide by Langar Maryada, the SGNC management has the right and the responsibility to cancel the families' Langar Sevaa.

If you need help with any of the below, please recruit volunteers from Sangat to assist. There are many members of community who are more than willing to assist.

Langar Materials

Langar materials (flour, vegetables, etc.) should be fresh and unused. In other words, please, do not bring butter sticks, etc., that are already being used at home or elsewhere. This is a requirement of the health department.

Langar must be strictly vegetarian so that people of all diet restrictions are able to eat without concern. Please, be sure not to use any materials that contain egg or meat products or by-products. Please, be sure to double-check cookie and other snack boxes for ingredients such as gelatin and animal rennet (common in most cheeses). Absolutely no alcohol or tobacco products are allowed on Gurudwara premises.

For Karah Parshaad, please provide un-salted butter, and be sure to consult with Bhai Sahib if question

Langar Preparation

Langar must be prepared with respect for Guru Sahib and the Sangat of Guru Sahib, not for convenience of self.

Persons preparing Langar must wash their hands. They must not eat anything while preparing Langar. Watch for kids playing around Langar preparations so that their soiled hands do not spoil the food. This is a health department concern.

Persons preparing Langar must keep their hair covered. This is applicable to all women and men with long beards.

While preparing Langar, refrain from unnecessary conversation and concentrate upon GurBaanee as much as possible. It is preferred that persons preparing Langar either recite GurBaanee while they prepare Langar or recite GurMantar, "Vaheguru," or at least listen to Keertan. Talk should be minimal and only if necessary.

Once Langar preparation is complete, an Ardaas should be performed by someone from Sangat, Kirpan-Bhog be done, and only after Ardaas should the Langar be served.

There is absolutely no taste-testing of Langar. Guru Ka Langar is always perfect!

Langar Serving to Pangat

Langar is served to a sitting Pangat without regard to individuals - all are treated as equals regardless of their religion, race, caste, gender, etc.

The servers should be distributed evenly across the rows of seated Pangat, and serving should be done efficiently.

While the first serving is being performed, the Servers should lead the recitation of Gurmantar, Vaheguru. After all have received the primary staples, a Jaikaaraa should be pronounced. Only then the Pangat should begin Langar.

Servers should be careful to note how much food to place in each plate, being mindful if they are serving to children or adults. This helps to prevent waste of Langar.

Servers should also not touch their serving utensil with the plates. This is a health hazard.

Servers should also be respectful to the wishes of Pangat members and not force people to eat what they are serving.

There should be no self-service by anyone. Servers should attend to the kitchen window and politely ask new comers or late comers to take their seat in Pangat and promptly serve the seated Pangat.

Those who have eaten in the first turn should allow for servers to sit and serve them before leaving for home.

Servers should keep their hands washed and heads covered.

Langar Cleanup

Gurudwara Saheb does provide cleaning services after each program.

It is still the responsibility of the family volunteering for Langar Sevaa to clean all dishes, clean kitchen counters, and clean the dish washing area.

Family must also throw out all trash to the large trash containers outside the Gurudwara Saheb.

Family must roll away the seating mats of the Langar Hall.

Family must dry-mop the kitchen floor and the Langar Hall. Wet mop is not necessary.

Family must dry the dishes and place them back in their labeled areas.

Please, take home or distribute to Sangat all left-over food items. Do NOT leave them in the Gurudwara refrigerator.

If Langar preparation area, utensils, appliances or other things do not work properly, please do notify the Langar Committee chairperson promptly. This is not a responsibility of Bhai Saheb.

Langar Donation

Sunday Diwan Langar Sewa - \$111

Saturday Evening Langar Sewa - \$111

This includes the use of the facilities for preparing the langar and steel utensils.(plates, glasses and spoons)

For private function paper products are allowed. Sponsoring family can either bring their own paper products or use from Gurudwara stock for an **additional bheta of \$100.**

All checks to be made payable to Sikh Gurudwara of North Carolina or SGNC.