

YEAR 8 TERM 3 PART 1 → Sewa & Refuge

Sikhism - Term 3 Retrieval:

- * **Guru Nanak** - The founder of Sikhism.
- * **Equality** - The belief that all people deserve the same treatment.
- * **Gurdwara** - The Sikh holy building.
- * **Langar** - The free kitchen where Sikhs serve each other.

Keyword

Translates as **Selfless service** - helping others expecting nothing in return.

Helps Sikhs go from **Mannuloh (man-centered)** → **Gurmukh (god-centered)**

Sewa

Sewa Gyaath Sahib: "There can be no worship without performing good deeds."



UN Declaration of Human Rights Article 25:

You have the right to have what you need so that you and your family do not go hungry, homeless or fall ill. → enough food
 → enough clothing housing
 → enough water

Khalisa Aid:

Khalisa Aid was started by **Ran Singh** after he saw the awful suffering of refugees on the news.

→ Khalisa Aid performs sewa by working in emergencies and helping to make sure people all have article 25.

→ They have helped Yemeni refugees and victims of hurricanes in Australia. They also help flood victims in the UK.



Buddhism:

Key word → **Refuge**: Being safe or sheltered from pursuit, danger or difficulty.

Why do Buddhists take refuge? The Buddha knew it would be difficult for people to follow his teachings on their own so he came up with 3 refuges to help them. These are also known as the **3 Jewels** because they are precious and important.



Take refuge in the teachings of the person of the Buddha. The Buddha and get advice from his life story (below) **4 Noble Truths** will help us to overcome suffering.

Take refuge in the Buddhist community. Support can always be found from Buddhist monks **TRUNS**.

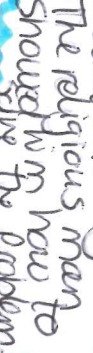
Life of the Buddha:

The Buddha was born as Siddhartha Gautama to a king in India 2500 years ago.

The Buddha lived as an ascetic, starving himself but found no happiness. He taught him we need a **Middle Way** between

He meditated and became enlightened + taught others.

Old age, sickness and death taught him about suffering. The religious man to solve the problem.



His friend Chanda took him out and he saw 4 sights