

# Sri Guru Singh Sabha Southall NEWSLETTER

December  
2021

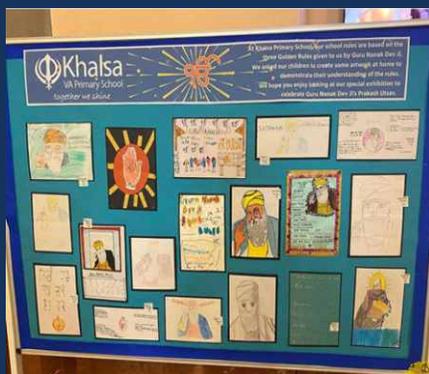


## GURU NANAK DEV JI GURPURAB



In November, we celebrated the 552nd Parkash of Sri Guru Nanak Dev Ji with thousands of Sangta visiting the Gurdwaras, listening to Kirtan, and taking part in Seva. Atam Ras kirtan darbars took place at Park Avenue and Havelock Road Gurdwara. Guru Nanak Dev Ji is the coming of Vaheguru to this earth, "The Lord himself wielded his power and entered the world. The Formless Lord took form, and with his light, he illuminated the realms of the word" Ang 1395.

At Havelock Road Gurdwara a special exhibition of fresco paintings were installed, with images from Guru Nanak Dev Ji's era. The paintings were initially displayed at Baba Atal Rai Gurdwara before being destroyed in the last century.



## KHALSA PRIMARY SCHOOL ARTWORK SHOWCASED

As part of the special Guru Nanak Dev Ji Gurburab celebrations this year, the Gurdwara was pleased to showcase Gurburab inspired artwork from the students of Khalsa Primary School, Norwood green. The Gurdwara and the school have a special relationship and it was great to promote the students' work as well as raise awareness for the school amongst the local Sangat. We have received many positive responses from the Sangat about the high level of art that had been created and appreciation for the Gurdwara facilitating it.

Many students who had artwork on display were excited about their work on display at the Gurdwara which they could point out to their family and friends. This sense of achievement was fantastic for us to see and we hope to continue supporting the school in promoting the achievements of it's students.

## BANDI SHOR DIVAS

Bandi Shor Divas (liberation day) is celebrated to mark the historical release of the sixth Sikh Guru Hargobind Ji, from the Mughal prison in the early 17th century. Guru Sahib stood up against tyranny and injustice; They brought light to a world of darkness when They freed the political prisoners who had been incarcerated at the time. BBC news covered the celebrations live from the Havelock Road Gurdwara throughout the day. This day reminds everyone of Sikhs freedom and human rights. It is celebrated by illuminating our Gurdwaras with lights, and this tradition continues to date.



## PROJECT550 UPDATE

Sri Guru Singh Sabha Gurdwara's organ donation campaign has been hugely successful, and Singh Sabha is rerunning it in 2021/22 with the support of the NHS Blood and Transplant. We re-launched it on Guru Nanak Dev ji's Gurburab on 19 November 2021. Harmeet Singh Gill, General Secretary, Sri Guru Singh Sabha said: "I encourage everyone to consider becoming a donor. As Sikhs, our fundamental faith

encourages us to spend our life becoming detached from our bodies and worldly possessions. Once you've left your body, it's just an empty vessel that is going to decay in the ground or be cremated. So, why not try and save a life or two after you have departed?"

To date nearly 800 people have registered as donors. Have you registered your interest yet? For further information or to register as a donor, please visit: [www.sgsss.org/project-550/](http://www.sgsss.org/project-550/)

## LANGAR ON CAMPUS

Students of Royal Holloway Sikh Society spent the day cooking and preparing langar at Park Avenue Gurdwara, which was then shared on campus to celebrate Guru Nanak Dev Ji's Gurburab. The event was a great opportunity for the youth to come together and do seva, but also use the event at their University to do parchar of Sikhi.



## NEW LANGAR ROOF

The Palki Sevadars have been working every night to refurbish the Park Avenue Langar Hall. The dated ceiling has been modernised, and new lighting installed. The serving area will next be upgraded. We're grateful to all the Sevadars who dedicate their time to help keep the Gurdwara running



## AKAL TAKHT SECRETARIAT, JASPAL SINGH VISITS SINGH SABHA

During the month, Akal Takht Secretariat, Jaspal Singh, visited Havelock Road Gurdwara. He met members of the Sangat and Executive Committee, it was an opportunity to discuss issues impacting UK Sikhs and share thoughts on ways Gurdwara management can be improved.

## PUNJABI CLASS DEVELOPMENT

Recognising the importance of Punjabi in our Dharam and culture, Singh Sabha Southall has started a project to work with Punjabi Schools from across the UK to assess and modernise the teaching methods and materials. Sadly the number of students taking Punjabi GCSE's and A-Levels has been in decline, a few years ago, the subject was close to being axed, and so now the need to evolve is more pressing than ever. The first meeting of Punjabi schools was held in November where working groups were formed. Over the coming months, they will work closely together to develop materials and teaching aids to ensure more children take up the subject and, more importantly, learn the language.

## DUKE OF EDINBURGH SIGN-UP

Singh Sabha was the first Sikh institution to be a Duke of Edinburgh Centre (DoE).

Since starting in 2018, over 100 teenagers have either successfully achieved or are in the process of completing the bronze or silver. This year we have already had over 25 new students sign up. If you are interested in taking part in the scheme then register your interest by emailing us via [dofe@sgsss.org](mailto:dofe@sgsss.org). Doing the scheme through the Gurdwara couldn't be easier; doing seva counts towards your voluntary service, activities like Gatka, Santhiya, Punjabi classes, and kirtan classes all count towards your skills development. In the summer, we take the students on a 3 days expedition.

## Chaupai Sahib Jaap

A Chaupai Sahib Jaap was held in memory of Rishmeet at the Havelock Road Gurdwara. The innocent 16-year-old was recently stabbed to death in Southall. With the current state of the climate and society, self-preservation has increased to an all-time high. In these testing times, it is good to see the Sangat come together to receive the support of Guru Sahib.

## NISHAN SAHIB SEVA

Nishan Sahib Seva was done celebrating Guru Nanak Dev Ji's Gurburab at both Gurdwaras. Sangat collectively washed the Nishan sahib and changed the choyal. The Nishan Sahib is a symbol of Sikh Sovereignty, and this is the reason for the respect it is given.



## AMRIT SANCHAR

An Amrit Sanchar took place on 6 November 2021 at Park Avenue Gurdwara in the run-up to Guru Nanak Dev Ji's Gurburab. The Sangat came to be blessed and joined the Khalsa Panth. Kakkars were provided by the Gurdwara at no cost to the Sangat. Over 60 Gursikhs gave their heads and became Sikhs of the Guru.



## COP25 VISIT

Sri Guru Singh Sabha Southall and the Sikh Human Rights Group (SHRG) worked together on the COP26 Youth Engagement Initiative. The Gurdwara was keen to encourage Sikh youth involvement at COP26 and supported six students to attend COP26. The students benefited from gaining an unparalleled insight into the various ways that the global society mitigates and adapts to the negative impacts of climate change. They

are now looking forward to transferring their newly found knowledge into their local west London communities. If you would like to become involved or know someone who may benefit from this initiative, please email [carlos.arbuthnott@shrg.ngo](mailto:carlos.arbuthnott@shrg.ngo)

## CHILDREN'S FOOTBALL CAMP

The children's football camp, organised by Singh Sabha Southall at Norwood Hall, provided children with movement and activity. This is an essential part of every child's well-being and healthy day-to-day life. With the help of sports coaches, we continue to inspire energetic bodies to get moving. In December an indoor football camp will take from the 20th–22nd of December. For further information or to book a space, please call Gurdeep Virdee (FIGO) on 07737 841005.



## SHOP AND SUPPORT YOUR GURDWARA

**amazon**smile  
You shop. Amazon gives.

Support YOUR Gurdwara through AmazonSmile

Add Sri Guru Singh Sabha Southall as your preferred charity

[smile.amazon.co.uk](https://smile.amazon.co.uk)

Do you shop at Amazon? Are you aware that you can do your online shopping and support your Gurdwara too? A percentage of what you spend will go to the Gurdwara at NO extra cost to you! Please sign up today at [smile.amazon.co.uk](https://smile.amazon.co.uk) and set Sri Guru Singh Sabha Southall as your preferred charity.

# SIKH NEURODIVERSITY NETWORK

In December, we will be holding an SEN engagement event. This will be an opportunity for families with children who have lifelong neurodiversity characteristics to discuss how the Gurdwara can best support them and their families. There will be kirtan/simran, food, arts and crafts, toys and a presentation

To book a place visit our website.



SIKH  
NEURODIVERSITY  
NETWORK

GURDWARA SRI GURU SINGH SABHA SOUTHALL

SEN ENGAGEMENT EVENT

18 DECEMBER 2021



**GETTING MARRIED IN 2022?**  
**ANAND KARAJ**  
INTRODUCTORY SIKH MARRIAGE COURSE  
**29 JAN | 12 MAR | 18 JUN**  
ONLINE ZOOM TIME 12PM - 4PM | MAKE SURE YOU REGISTER!  
FOR MORE INFO AND TO REGISTER [WWW.SGSSS.ORG/ANANDKARAJ](http://WWW.SGSSS.ORG/ANANDKARAJ)  
EMAIL: [SUKHJEEVANSINGH@JOYTISAROOP.CO.UK](mailto:SUKHJEEVANSINGH@JOYTISAROOP.CO.UK) OR [HARMEET@SGSSS.ORG](mailto:HARMEET@SGSSS.ORG)

---

**Part 1 - Anand Karaj**  
An introductory discussion on the idea of Marriage in Sikhi

**Part 2 - Your Special Day**  
Essential knowledge for the Anand Karaj ceremony - what it all means, must do and mustn'ts.

PRESENTED IN ENGLISH BY  
**GIANI SUKHJEEVAN SINGH (JYOTI SAROOP FOUNDATION)**

## ANAND KARAJ COURSE

Getting married? Already married? Or simply interested in understanding what marriage is all about in Sikhi, then come along to an interactive half-day course exploring: The concept of marriage in Sikhi and Understanding the Anand Karaj ceremony

The course will be delivered by Giani Sukhjeevan Singh (from the Jyoti Saroop Foundation) in English. Taking place over Zoom, its ideal for couples getting married. There will be plenty of chances to ask questions and learn the true essence of marriage in Sikhi. To book a slot, visit [www.sgsss.org/anandkaraj](http://www.sgsss.org/anandkaraj)

## NATIONALITY & BORDERS BILL

The Sabha made strong representations to the local Southall MP against the Governments proposed Nationality and Borders Bill. The government's new bill has raised considerable fear and worry amongst the community. Specifically, clause 9 of the bill, "Notice of decision to deprive a person of citizenship", gives the state the ability to strip individuals of their British citizenship without warning.

The proposed law sends a clear message that certain citizens (mostly from ethnic minorities),

Despite them being born and brought up in the UK and having no other home, will always remain as migrants in Britain. If our citizenship, and therefore all our rights, are insecure and precarious, then we are effectively being treated as inferiors to native British Citizens.



Virendra Sharma MP  
Member of Parliament for Ealing, Southall  
House of Commons, London SW1A 0AA  
Tel: 020 8721 1003  
Email: [sharma@parliament.uk](mailto:sharma@parliament.uk)

Mr Harmeet Singh Gill  
General Secretary  
Gurdwara Sri Guru Singh Sabha  
Southall  
UB2 4NP

BY EMAIL

Dear Mr Harmeet Singh Gill,

7<sup>th</sup> December 2021

Thank you for your letter on behalf of your worshippers, friends, and family. Like you, I too am worried about the Nationality and Borders Bill. I have voted against the Bill in Parliament when I last had the chance and will do so again.

The Bill is a failure, it punishes the most vulnerable, divides our community and criminalises compassion. As the Bill currently stands, it would criminalise Lifeboat volunteers for saving drowning men and women.

The Nationality and Borders Bill also makes it harder for people to make a home in the UK and so I have added my name to amendments to undo that. I am supporting changes that would make it easier to apply legally, and changes to reduce the cost of applications so that the cost is no more than the cost of processing applications.

The current system also makes people suffer for years and years while they wait for a decision, I have also supported an amendment to introduce a binding six-month decision period to end that scandal.

This Bill is racist, it aims to make BAME people who make their home in the UK unsafe, and scared for their futures. This is a political tactic to scare us into silence on political issues, I will continue to oppose the Bill in Parliament.

Best wishes



Virendra Sharma MP

# NHS CENTRE AT NORWOOD



Imperial College  
London

NIHR | National Institute  
for Health Research



A new health study has been launched at Norwood Hall. South Asia Biobank LOLIPOP Study will collect detailed health and life-style information, and biological samples in ~100,000 South Asians. Participants will be followed up over many years for health outcomes to help gain critical knowledge in tackling health challenges affecting South Asians. The study is funded by the Wellcome Trust, sponsored by Imperial College London, and supported by Sri Guru Singh Sabha Southall. Those of south Asian descent are able to get a free health assessment at Norwood Hall, which will look at life experiences and behaviours, straightforward measurements (eg. height, weight, blood pressure), simple non-invasive tests (eg. ECG, breathing tests, eye photography), and blood tests (eg. glucose, cholesterol). The study will be carried out by doctors, study nurses and trained research assistants. You can register for an appointment by visiting [www.sabiobank.org](http://www.sabiobank.org)



## FINANCE UPDATE

The Sabha continues to pay off the loan balance, reducing it from £2.5m to £175k.

### 10 Months to Oct 2021:

Total income: £2.546m

Total expenditure £1.47

Operating Surplus: £1.074m

Total loan repaid in the year: £1.32m



[www.sgsss.org](http://www.sgsss.org)



[info@sgsss.org](mailto:info@sgsss.org)



@sgsssouthall



@sgsssouthall



@sgsssouthall



@sgsssouthall