

The Benefits of Quarantine

By: Bani Kaur

Imagine a world that has been taken over by a virus that no one has control of. People are getting into arguments over face coverings, there have been food shortages, and businesses are failing. That is the new reality of the world we are living in right now. To me, it is still mind blowing that just a few months ago we were all following a normal routine.

Essentially, our world turned upside down in a matter of a few short weeks.

Since quarantine has started, we have all been looking for ways to stay busy and keep sane.

My family and I have used our time to focus on things that are important to us such as practicing hobbies, learning and trying new things, and spending more time with each other. From the beginning of quarantine to now, I have learned new shabads and a new tune for Anand Sahib. My

family and I have also started doing Rehras Sahib, Hukamnama, Sukhasan, and Ardas together every day at 6:00 PM.

Not only has being self quarantined changed my routine in a Sikhi aspect, it has also opened up my eyes to opportunities that can help our sangat and community become stronger. About two weeks after quarantine started, some of our gurduara sangat realized that our local food bank was experiencing a tremendous food storage. A group of families helped form a plan where every week each family would make 100 sandwiches. We started many weeks ago and now we have around 15 families involved. Almost every week we are able to provide more than 1300 sandwiches to help the food bank out. It feels really good using our time to give back to our community. To help keep our sangat in good spirits, we are also starting zoom kirtan sessions with our gurudwara. This is one thing I am very excited for in the upcoming weeks. It is nice to know that even though

we are not able to be with our sangat physically, there is always a way that we can stay connected with one another.

Whether it is hanging out with my family, doing art, experimenting with food, giving back, or doing kirtan, these are all things that have helped me remain in chardikala during this confusing time. My hope is that people are using this time to encourage, help, and uplift one another so we can all remain in chardikala together.