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Ik Onkar Satnam

When we pray to Babaji

We feel like we are

Free birds in the sky

Sky peaceful like Gurbani

Gurbani has a message too

Helping each other

All night and day long taking

Care of each other

Keeping everyone happy

Because we are a community

That cares for everyone no matter what

During this pandemic

We all have to stick together
Helping others with studies and more

We may be in a difficult situation
But with the wonders of Sikhi and Gurbani

We can achieve anything
Learnings and values from our Guru ji's have kept me
going in these stressful months. Every day I do path
and pray to Babaji for everyone's well-being. It brings
peace to my mind while I do path.

“ਨਾਨਕ ਨਾਮ ਚੜ੍ਹਦੀ ਕਲਾ, ਤੇਰੇ ਭਾਣੇ ਸਰਬਤ ਦਾ ਭੱਲਾ”

There are many values that Sikhi teaches us. The core
value of Sikhi is based on The Three Golden Rules-
given by Guru Nanak Dev Ji.

They are Naam Japna-which means Honor Waheguru
Ji. Every day I wake up and do a path to Thank him for
giving me a perfect body and a perfect life.

The second rule is Vand Chakna-it means to share.
Every day I share my knowledge with my classmates.
Sometimes they don't understand the assignments so I

share my knowledge regarding the assignments with them. I also share my devices with my family when they need it.

The third rule is Kirat Karna-work hard. Every day I have "distance learning" classes with my teacher and classmates. I always try my best to understand and complete my assignment. These are The Three Golden Rules and examples for them.

Having faith is most important during these hard times. My mom taught and guided us to not hear or see too much information about coronavirus, just have the appropriate and important information only. Like washing our hands, keeping distance, and wearing masks when necessary. We should believe that Waheguru is with us at all times and protects us. - *"ਵਿਚ ਕਰਤਾ ਪੁਰਖ ਖਲੋਆ ਤਾਂ ਵੱਲ ਨਾ ਵਿੰਗ ਹੋਇਆ"*.

In these tough times, many organizations are working hard to keep us happy and engaged. Since the pandemic started, Sikh Coalition has started a Kid's

Corner where every Wednesday they engage inspiring and upcoming artists to teach kids different skills.

When everyone got the news that schools were closing many people were not prepared to homeschool their kids. Then, the United Sikhs stepped up and started giving help to parents and kids by tutoring the kids and providing them extra help.

Gurdwaras across the world are running free food pantries to help the poor. They motivate me to help out as much as I can, whether it is just helping people in our neighborhood or helping throughout the city by donating or giving canned food out.

Sikh communities are giving medical supplies like gloves, sanitizers, masks, etc. to the homeless and poor people. Seeing all these Sikh organizations come together and help the people in need, inspires, and encourages me to do seva to the best of my capability.

Faith can be a feeling but also small steps towards a better world. Based on the Sikh values these are the things that I can do.

1. Keeping myself safe by wearing masks when necessary, washing hands, not to ask for playdates, and keeping distance from friends.
2. Trying to find things to keep me busy, enrich myself using available resources.
3. Contribute a part of my pocket-money to gurudwara
4. Helping my younger brother with studies, classes, and more.
5. I believe if I can help with laundry, cleaning, being up to date with my assignments so that mom and dad won't have to worry about it.
6. I have also planned a couple of birthday parties for my friends over zoom, which makes them happy and special.
7. Spending time with my grandma, learning how to crochet with her, and teaching her computer tips and tricks.

“ਦੁਖ ਰੋਗ ਸੰਤਾਪ ਉਤਰੇ ਸੁਣੀ ਸਚਿ ਬਾਣੀ”-Rehras Sahib

Suffering, disease, anguish descended from hearing true words.

May all the diseases in this world vanish once we hear Waheguru's name. It is easier to face the scares of the world in Waheguru's shelter. Sikhi always helps me stay in Chardi Kala. Waheguru Ji Ka Khalsa!Waheguru ji Ki Fateh!

- Maanya Kaur