



# Inter faith Week 2022

## Sikhism

<b>World (2022)</b>	22.4 Million
<b>England and Wales (2011 census)</b>	423, 158
<b>St Helens (2011 census)</b>	46

### Key Beliefs

Sikhism was founded by Guru Nanak around **500 years ago** in a place called the **Punjab**. This is an area which spans part of India and Pakistan in South Asia today. Sikhs believe in one God who guides and protects them. They believe everyone is equal before God. Sikhs have many words to describe God. The name most widely used for God by Sikhs is Waheguru , which means 'wondrous enlightener'. Sikhs believe that there is only one God, who created everything. They believe that Waheguru must remain in the mind at all times.

Sikhs believe that your actions are important and you should lead a good life. They believe the way to do this is: 1) Keep God in your heart and mind at all times 2) Live honestly and work hard 3) Treat everyone equally 4) Be generous to those less fortunate than you 5) Serve others.

Guru Nanak is the founder of Sikhism. Guru means 'Teacher'. Sikhism is still based on his teachings and those of the nine Sikh Gurus who followed him.



Does this religion link to any others? What would the world be like if everyone followed those 5 actions?

### Festival Focus

There are numerous Sikh fairs and festivals. Some are of local importance such as Maghi of Muktsar and Hola Mohalla of Anandpur. The most important festivals are observed by the Sikhs wherever they are. On such occasions the whole Sikh families of a particular place gather in a Gurdwara. It is properly decorated and illuminated. The Guru Granth Sahib is read constantly. Hymns are sung in chorus or by professional Sikh singers. Prayer are said. Sweet pudding (karah prasad) is distributed in the whole congregation. In hot weather sweetened and iced v at various places. Houses are lighted in the evening. [Watch this clip](#) to learn more about Sikh New Year



### Other links / resources

[Website](#) for further information 

Place of worship tour [HERE](#)



# Inter faith Week 2022

## Judaism

World (2020)	14.8 Million
England and Wales (2011 census)	263, 346
St Helens (2011 census)	48

### Key Beliefs

Judaism is the world’s oldest monotheistic religion, dating back nearly 4,000 years. Followers of Judaism believe in one God who revealed himself through ancient prophets. The history of Judaism is essential to understanding the Jewish faith, which has a rich heritage of law, culture and tradition. Jewish people believe there’s only one God who has established a covenant—or special agreement—with them. Most Jews (with the exception of a few groups) believe that their Messiah hasn’t yet come—but will one day. Jewish people worship in holy places known as synagogues, and their spiritual leaders are called rabbis. The six-pointed Star of David is the symbol of Judaism. The Jewish sacred text is called the Tanakh or the “Hebrew Bible.”

 Are there any links to other faiths? What else do you know about Judaism? What questions would you like to ask a Jewish person?

 Other links / resources

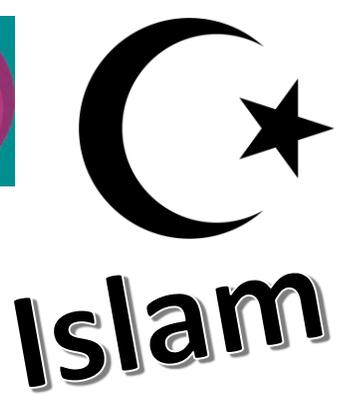
- [Clips](#) on Hanukkah. 
- [Website](#) for further information
- Place of worship tour [HERE](#).

### Festival Focus

Hanukkah is a main Jewish Festival. **For eight days and nights, candles are lit, songs are sung, and dreidels are spun to celebrate one of the most joyous of Jewish holidays.** Jewish people celebrate Hanukkah, a holiday honouring the Maccabees's victory over King Antiochus, who forbade Jews to practice their religion.

Watch [HERE](#) to find out more about this Jewish festival.  
Find out about the [top ten facts](#) here.





# Inter faith Week 2022

## Key Beliefs

Islam is one of the world’s major religions. Its founder was **Muhammad** (PBUH). The religion has about 1.98 billion followers worldwide. At the core of Islam is this idea: “There is no God but Allah, and Muhammad is the prophet of Allah.” Muslims believe that Allah created the universe and that humans must submit to his will. The content of the Qur’an, the holy book of Islam, is believed by Muslims to be the word of Allah as told to Muhammad. Five duties, called the five pillars of Islam, are expected of every Muslim. The first is the most important: to profess that there is one God and that Muhammad was his prophet. The second duty is prayer. Muslims pray five times a day. On Fridays communities gather at a place of worship, called a **mosque**, for special prayers. The third duty is charity. The fourth duty is to fast, or refuse to eat, from sunrise to sunset during the holy month of **Ramadan**. The fifth duty is to make a **pilgrimage**, or journey, to the holy city of **Mecca** in Saudi Arabia at least once.

What other religions go on Pilgrimage? Have you been on a special journey? Why do you think Muslims pray 5 times a day.



## Festival Focus

Eid al-Fitr is a religious holiday that occurs at the end of Ramadan. The meaning of Eid al-Fitr, translated from Arabic, means 'the feast of the breaking of the fast'. Eid al-Fitr officially begins once the religious authorities have confirmed the sighting of the new moon. Approximately 1.98 billion Muslims worldwide will mark Eid as the sun sets and the moon rises on the last day of Ramadan. Muslims celebrate Eid in a number of ways. For example: A special set of prayers (known as Salat al-Eid) are recited in the mosque or in public parks, where Muslims give thanks to God (Allah) for giving them the strength to fast and to focus on how to be a better person. The prayers normally take place on the first morning of Eid. After prayers, Muslims have breakfast with family or friends. This will be their first daylight meal after a month of fasting. Major cities, such as London and Birmingham usually host public events over a period to celebrate Eid. In previous years, thousands of people went to Trafalgar Square for music, entertainment, St. Helens Council activities. Muslims also give and exchange presents. [Watch this clip](#) of children explaining this festival.



<b>World (2022)</b>	1.98 Billion
<b>England and Wales (2011 census)</b>	2,706,066
<b>St Helens (2011 census)</b>	605



## Other links / resources

- Place of worship tour [HERE](#).
- Watch an introduction to Islam [HERE](#).





# Inter faith Week 2022

## Humanism

<b>World (2022) – stated no religion</b>	450-500 Million (est)
<b>England and Wales - stated no religion (2011 census)</b>	14, 097, 229
<b>St Helens - stated no religion (2011 census)</b>	25, 653

### Key Beliefs

Throughout recorded history there have been non-religious people who have believed that this life is the only life we have, that the universe is a natural phenomenon with no supernatural side, and that we can live ethical and fulfilling lives on the basis of reason and humanity. They have trusted to the scientific method, evidence, and reason to discover truths about the universe and have placed human welfare and happiness at the centre of their ethical decision making. Today, people who share these beliefs and values are called humanists and this combination of attitudes is called humanism. Many millions of people in the UK share this way of living and of looking at the world, but many of them have not heard the word ‘humanist’ and don’t realise that it describes what they believe. The word humanist has come to mean someone who: 1) trusts to the scientific method when it comes to understanding how the universe works and rejects the idea of the supernatural (and is therefore an atheist or agnostic) 2) makes their ethical decisions based on reason, empathy, and a concern for human beings and other sentient animals 3) believes that, in the absence of an afterlife and any discernible purpose to the universe, human beings can act to give their own lives meaning by seeking happiness in this life and helping others to do the same.

What do you think of this worldview? Do you agree? What would be the benefits of having this worldview?

### Festival Focus

Since Humanism is not a religion but a worldview it does not have festivals. However, it does have a ‘World Humanist Day’. World Humanist Day is celebrated every year on 21 June since the 1980s. It’s an opportunity for humanists all around the world to publicise the positive values of humanism and to share the global concerns of the humanist movement.

Find out more [here](#).

Other links / resources

Clip to find out more about Humanism.



# Hinduism

## Inter faith Week 2022

### Key Beliefs

Hinduism is over 4,000 years old, making it one of the world's oldest religions. It is made up of a variety of different religious beliefs and practices. It originated near the Indus River in India. The name 'Hindu' comes from the word Indus. Central to Hinduism is the belief in a supreme God **Brahman**. Brahman is present everywhere and there is a part of Brahman in everyone. Brahman takes many forms. Especially three forms called the **Trimurti**. **Brahma** is the **creator** of the world and all creatures. He is usually shown with four heads. **Vishnu** is the **preserver** of the world. His role is to return to the earth in troubled times and restore the balance of good and evil. He has blue skin and four arms. **Shiva** is the **destroyer** of the universe. Shiva destroys the universe in order to re-create it. Shiva has blue skin, a third eye and carries a trident. Hindus believe that life is a cycle of birth, death, and rebirth. They also believe that the next life depends on how the previous life was lived.



Do you think it helps to understand God if it is in many forms?

World (2020)	1.2- 1.35 Billion (est)
England and Wales (2011 census)	816,633
St Helens (2011 census)	416

### Festival Focus

Holi is a Hindu festival that celebrates spring, love, and new life. Some families hold religious ceremonies, but for many Holi is more a time for fun. It's a colourful festival, with dancing, singing and throwing of powder paint and coloured water.

Holi is also known as the "festival of colours". Holi marks the arrival of spring and the end of winter. It is usually celebrated in March. On the first night of Holi, people light bonfires and throw roasting grains, popcorn, coconut and chickpeas onto them. The next day, people of all ages go into the streets for fun and paint-throwing. Everyone gets involved! Hindus have fun by smearing each other with paint and throwing coloured water.

Watch this [clip](#) to find out more about this festival.

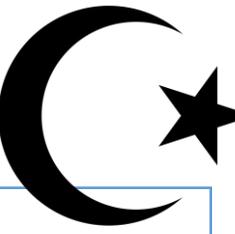


Other links / resources

Place of worship tour [HERE](#).



# Prayer sheet



## Monday

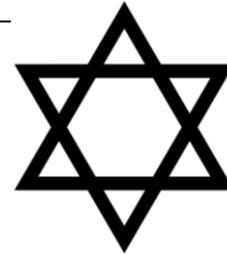
God bless us with peace of mind, tranquillity, and prosperity. By Thy grace and divinity, give us peace of mind, peace of heart, peaceful living and peaceful environments. Give planet Earth a peaceful time. May the drums of war start the drums of peace. Sing the glory of Thee and all of the humanity. We pray to Thee, bring us and make us capable to preserve the peace on the planet Earth. Sat Nam



## Tuesday

### Jewish Prayer for Universal Peace

Let knowledge fill the Earth as water fills the ocean, and let all people of all ethnicities, races, beliefs, genders and orientations enjoy true equality, security, safety and livelihood, in a true spirit of co-existence and cooperation.



## Wednesday

### A Muslim Prayer for Peace

Praise be to the Lord of the Universe who has created us and made us into tribes and nations, that we may know each other, not that we may despise each other. If the enemy incline towards peace, do thou also incline towards peace, and trust in God, for the Lord is the one that heareth and knoweth all things. And the servants of God, Most Gracious are those who walk on the Earth in humility, and when we address them, we say "PEACE."

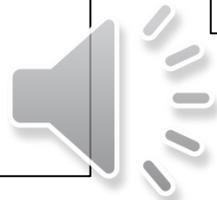
—Based on the Koran, 49:13, 8:61



# Prayer sheet

## Thursday

Let There Be Peace on Earth and let it begin with me.  
Let There Be Peace on Earth, the peace that we long to see!  
With Earth as our mother, family all are we.  
Let us walk with each other in perfect harmony.  
Let peace begin with me. Let this be the moment now.  
With ev'ry breath I take, let this be my solemn vow;  
To take each moment and live each moment in peace eternally!  
Let there be peace on earth and let it begin with me!



## Friday

May there be peace in celestial regions.  
May there be peace on earth.  
May the waters be appeasing.  
May herbs be wholesome and may trees and plants bring peace to all.  
May all beneficent beings bring peace to us. May your wisdom spread peace all through the world.  
May all things be a source of peace to all and to me.  
Peace, peace, peace.

*M.K. Gandhi Institute for Nonviolence*

