Langar : *The Communal Meal*



In modern times, Langar is the communal meal shared by all who come to the gurdwara, and it has been a part of the Sikh community since the time of Guru Nanak (1469-1539). Attendees sit at an equal level on the floor and eat the same food, prepared in the same pots. In this way, Langar serves as an expression of the equality of all humans.[1]



References:

(1) The Pluralism Project – Harward University. https://pluralism.org/langar-the-communal-meal