

8. Prayer

Objectives

To seek the blessing of God at the start of a meeting.

Prepare and practice a prayer and share with others.

Help the participant develop his/her own internal relationship with God.

Responsibilities

To say a prayer at the beginning of the meeting seeking God's help with the meeting and the objectives of the GGSCF.

Prepare for the prayer and either write it down or bring a prayer book from which you will read or learn to say the prayer from memory.

For Sikhs a "Ardas" is appropriate but for people of other faiths any other scriptures are also acceptable provided they speak to the well being for the whole of humanity in keeping with the teachings of Sikhs Gurus. Sikhs Gurus lived with people of other faiths and respected the other person's religion as their faith in God.

At the Meeting

Be on time as the meeting cannot start without you.

Come prepared with hands washed, head covered, with your prayer book, as appropriate.

When directed by the Chair lead everyone through the prayer.