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Words fail us. We turn to shabd Guru.

ਤੁਮ ਘਰਿ ਆਵਹੁ ਮੇਰੇ ਮੀਤ ॥

tum ghar aavahu mere meet ॥

Come back to your home, O my friend.

ਤੁਮਰੇ ਦੋਖੀ ਹਰਿ ਆਪਿ ਨਿਵਾਰੇ ਅਪਦਾ ਭਈ ਬਿਤੀਤ ॥ ਰਹਾਉ ॥

tumare dhokhee har aap nivaare apadhaa bhiee biteet ॥

rahaau ॥

**The Almighty eliminates your enemies, and your misfortunes
are past. ||Pause||**



Sikh Family Center reminds everyone to be gentle with yourself and others, especially the family and friends of those lost in this horrendous crime. Pause before sharing news items and videos, especially if it is already deeply upsetting you or the person you are sharing with.

Some of us respond to such dastardly acts with anger. Others with a deep sense of dejection, even hopelessness in humanity. Some others respond with action. All responses are normal. All feelings are normal.

Remember, support is always available. Sikh Family Center Helpline remains open to all.





Sikh Family Center's Nationwide Helpline

866.SFC.SEWA (732.7392)

free | private | punjabi + english

Non-emergency Support Line

A trained peer counselor will respond within 48 hours.

contact@sikhfamilycenter.org

