**Press Release**

**Colorado Interfaith Communities Serve Third Annual Langar with Colorado Sikhs**

*Interfaith Communities welcome Denverites to gather and share in Interfaith Langar, a communal Indian meal where all are fed regardless of religion, class, gender or ethnicity– tearing down racial and sociopolitical barriers.*

Denver, Colorado (PRWEB), October 19, 2018

Interfaith Communities will serve a Langar (free Indian meal) to more than 4,000 members of our community in Lincoln Park, immediately west of the State Capitol, in Denver, Colorado from 11am to 2pm on Saturday, October 27, 2018.

Langar, which rhymes with "hunger" is a 500 year Sikh Tradition, that emphasizes social and economic equality as people share a nutritious, communal meal together. World wide, Sikhs serve an estimated 6.5 million meals every day, approximately 2.4 billion meals each year, as the embodiment of humanitarian service. Everyone can come, eat and be treated equally while being served a free nutritious meal.

Dilpreet Jammu, President of the Colorado Sikhs, expressed that “Our annual Langar in Denver has become an opportunity for members of multiple communities, who may not normally see each other, to come together; to meet one another, and to take care of each other. We are continually inspired by the communities who join us each year and those new communities who are joining us for the first time.”

“We have been excited to share in this event every year, and support those who are hungry and homeless around Denver. The Langar is a demonstration of the shared values of the Interfaith Community and enables people coming together across our many differences to work together to improve people’s lives..” said Amanda Hendersen, Executive Director of the Interfaith Alliance of Colorado

Marjorie Helms Karish, founder of TheGoldenThreadOfTruth.com, an Interfaith Program for Children, stated “The annual Langar gives our children an opportunity to engage with people of different traditions and faiths all coming together for sharing of a common goal, to feed those less fortunate and break bread with our brothers and sisters on this planet.”

Rev. Simon Shadowlight, Mile Hi Church Interfaith Ministry, shared the value of the event for his community. "The 2018 Community Langar in the Park provides an opportunity to set aside what seems to divide and polarize us and come together with strangers and friends alike to enjoy something as basic and universal as a meal together. It is a statement to our commonality and shared dignity as human beings. I hope to see you there."

The Langar provides an avenue for all of our Interfaith members to meet new people, to have new dialogs and to take care of each other.