



# January 9<sup>th</sup>, 2026

## Level 4 Friday

### HOMEWORK

1. Recite All of Japji Sahib **everyday**.
2. Listen and repeat after the audio **one time** before next class!
  - a. First Shabad of Rehras Sahib Audio: <https://youtu.be/ezi-DcI05Wk>
  - b. Second Shabad of Rehras Sahib Audio: <https://youtu.be/CG1-UYm85OM>
  - c. Third Shabad of Rehras Audio: <https://youtu.be/mwCze0kg9xo>
3. Read the 4<sup>th</sup> and 5<sup>th</sup> Shabad **three times** before next class!
4. Practice Muharni once every day until next class.
  - a. Listen and repeat after the audio
  - b. Muharni Audio: [https://youtu.be/dhJ\\_s5Wb7JA](https://youtu.be/dhJ_s5Wb7JA)



## ANNOUNCEMENTS

1. Join us for the weekly **Sunday Youth & Family Darbar Sunday from 5:30 PM to 7 PM** in the **GC basement**. English Katha, Kirtan, and prizes! For all ages! Speaker: **Japnaam Kaur**
2. *Gurmat Center Mothers Collective Event #3* on Sunday, January 18 from 3-4 PM. This is a peer-support gathering for mothers of GC children to connect, share, and support one another in Gurmat-guided space. Will take place in the GC basement - free to attend, with discussions offered in both Punjabi and English. Register online (No children allowed)
3. GCY happening on January 24 from 4:30 - 8 PM. Speaker: Bhai Parmvir Singh. For grade 9 and higher. Rehras Sahib, discussion, games, dinner!
4. Join us on Sunday, January 11 to honor Canada's FIRST ever Shaheed - Bhai Mewa Singh's 111th Shaheedi Divas taking place AT the very location of their Shaheedi in New Westminster. Register online to book your seat on the bus. **FREE & FIRST TIME EVER EVENT!**

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*Taking care of our children's future...today!*