



# January 13<sup>th</sup>, 2026

## Level 4 Tuesday

### HOMEWORK

1. Recite All of Japji Sahib **once before next class**.
2. Listen and repeat after the 6th, 7th, 8th Shabad **three times** before next class!
  - a. 6th Shabad of Rehras Sahib Audio: [https://youtu.be/fYFE\\_6XSudM](https://youtu.be/fYFE_6XSudM)
  - b. 7th Shabad of Rehras Sahib Audio: <https://youtu.be/uPZhutnzFhs>
  - c. 8th Shabad of Rehras Audio: <https://youtu.be/6QZxseKB56Yo>
3. Practice Muharni once every day until next class. Listen and repeat after the audio.
4. 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: **Pavanpreet Singh**
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!



30640 Blueridge Drive, Abbotsford, BC ■ 604.855.0020 ■ [www.gurmatcenter.com](http://www.gurmatcenter.com)

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