



January 16th, 2026

Level 4 Friday

HOMEWORK

1. Recite All of Japji Sahib **once before next class**.
2. Listen and repeat after the 8th Shabad **two times** before next class!
 - a. 8th Shabad of Rehras Audio: <https://youtu.be/6QZxseKB56Yo>
3. Listen and repeat after the 9th Shabad **two times** before next class!
 - a. 9th Shabad of Rehras Audio: <https://youtu.be/sw6LrJBWkQI>
4. Practice Muharni once every day until next class. Listen and repeat after the audio.
5. Muharni Audio: 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!