



January 19th, 2026

Level 4 Thursday

HOMEWORK

1. Recite All of Japji Sahib **once before next class.**
2. Listen and repeat after the 8th and 9th Shabad **three times** before next class!
 - a. 8th Shabad of Rehras Audio: <https://youtu.be/6QZxseKB56Yo>
 - b. 9th Shabad of Rehras Audio:
3. Practice Muharni once every day until next class. Listen and repeat after the audio.
4. Muharni Audio: https://youtu.be/dhI_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: **Roopriya Kaur**
2. GCY happening on January 24 from 4:30 - 8 PM. Speaker: Bhai Parmvir Singh. For grade 9 and higher. Rehras Sahib, discussion, games, dinner!