



April 1st, 2026

Level 6 PT.2 Monday/Wednesday

HOMEWORK

1. Read Angs 1390-1405 5 times before next class.
2. Practice Bhog de Salok 5 times before next class.
 - a. Here is the link to the Sehaj Paath Bhog recording, listen to the video and practice along:
<https://www.youtube.com/watch?v=4iq3ipQYC9M>

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: Tejpreet Kaur
2. Dastar Tying classes registration opens this week. Dates: April 5 - May 31 (9 classes). Every Sunday from 4-5 PM. Singhs & Kaur will have SEPERATE CLASSROOMS
3. Classes will be IN SESSION on Easter Monday on Monday, April 6, 2026
4. 32nd annual Awards Ceremony - Save the Date: Sunday, June 14, 2026. Stay tuned for an email with more details
5. Awards Ceremony: Sunday Youth & Family Darbar special prize category. Attend Sunday Darbar every week from 5:30 - 7:00 PM. Collect a ticket before 5:30 PM that will be entered into a special prize draw for the Awards Ceremony for Sunday Darbar participants only!



6. Gurbani Rewards Program: Memorize and recite Nitnem Bani from heart with proper pronunciation to receive a cash prize. Registration opens soon!
7. Classes will take place on the main floor. Monday: Senior Center (area behind elevator) & Wednesday: Khalsa Preschool



30640 Blueridge Drive, Abbotsford, BC ■ 604.855.0020 ■ www.gurmatcenter.com

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