



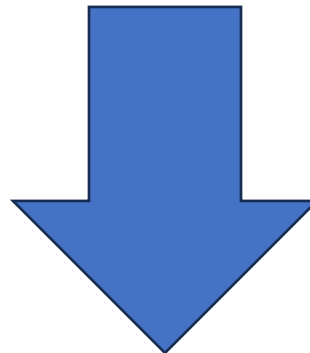
May 11th, 2026
Level 4 Monday
HOMEWORK

1. Recite the following Banis ONCE before next class!

- JAAP SAHIB:
 - https://www.youtube.com/playlist?list=PLcqT0d96YvImi7ALDis0-6OJMirsA75G_
- TVA PRSAAD SVAYIE:
 - <https://www.youtube.com/playlist?list=PLcqT0d96YvIljBYJN0qQdMzX2Dz4WTbMC>
- RAKHIA DE SHABAD/KEERTAN SOHILA :
 - <https://www.youtube.com/playlist?list=PLcqT0d96YvImKmm6ufnA4yAkWLPiVauKN>
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2. If you are interested in **Nitnem Seva at the Youth Akhand Path**, please email: gursimar.kaur@gurmatcenter.com.

• **SCROLL DOWN TO SEE THE SIGN IN SHEET!!!!**



YOUTH AKHAND PATH NITNEM SEVA

MAY 15TH

MORNING NITNEM

TIME:	10:00 - 11:30 AM	BANI		SEVADARS	
		JAPJI SAHIB	SIGN UP HERE	SIGN UP HERE	SIGN UP HERE
		JAAP SAHIB	SIGN UP HERE	SIGN UP HERE	SIGN UP HERE
		TVA PRSAAD SVAYIE	SIGN UP HERE	SIGN UP HERE	
		CHOUPEE SAHIB	SIGN UP HERE	SIGN UP HERE	
		ANAND SAHIB	SIGN UP HERE	SIGN UP HERE	SIGN UP HERE

EVENING NITNEM

TIME:	5:00 - 6:00 PM	BANI		SEVADARS	
		REHRAS SAHIB	SIGN UP HERE	SIGN UP HERE	SIGN UP HERE

NIGHT-TIME NITNEM

TIME:	8:00 - 8:30 PM	BANI		SEVADARS	
		RAKHIA DE SHABAD + KIRTAN SOHILA SAHIB	Rehmat Kaur	SIGN UP HERE	

MAY 16TH

MORNING NITNEM

TIME:	9:00 - 10:30 am	BANI		SEVADARS	
		JAPJI SAHIB	SIGN UP HERE	SIGN UP HERE	SIGN UP HERE
		JAAP SAHIB	SIGN UP HERE	SIGN UP HERE	SIGN UP HERE
		TVA PRSAAD SVAYIE	SIGN UP HERE	SIGN UP HERE	
		CHOUPEE SAHIB	SIGN UP HERE	SIGN UP HERE	
		ANAND SAHIB	SIGN UP HERE	SIGN UP HERE	SIGN UP HERE

EVENING NITNEM

TIME:	5:00 - 6:00 PM	BANI		SEVADARS	
		REHRAS SAHIB	SIGN UP HERE	SIGN UP HERE	SIGN UP HERE

NIGHT-TIME NITNEM

TIME:	8:00 - 8:30 PM	BANI		SEVADARS	
		RAKHIA DE SHABAD + KIRTAN SOHILA SAHIB	Rehmat Kaur	SIGN UP HERE	

INSTRUCTIONS:

1. You will read the Bani you signed up for **out loud**.
2. You will **read along** for the rest of the Banis in that time block.
3. There will be a **ਰੇਲ** and **ਗੁਟਕਾ ਸਾਹਿਬ** ready for you.
4. There will be a **Santhia Teacher** present to help you!
5. Bring your family, and have some **Langar** before you leave!
6. Email gursimar.kaur@gurmatcenter.com with any questions, or to sign up!





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WITH GURU SAHIB'S KIRPA, YOU AND YOUR FAMILY ARE WARMLY INVITED TO JOIN US FOR OUR 2ND

Youth Akhand Path Sahib

TAKE PART IN SANGAT, GURBANI, AND SEVA THROUGHOUT ALL THREE DAYS OF THE SMAGAM.

Prakash: Friday, May 15 at 9:00 AM
Bhog: Sunday, May 17 at 9:00 AM

Kirtan, Katha, and Guru Ka Langar to follow

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3450 NIGHTINGALE DRIVE

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778-552-4214
BHAJ JATINDER SINGH
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ANNOUNCEMENTS

1. 33rd annual Awards Ceremony is on Sunday, June 14! An exciting & eventful day planned for all GC students & families to enjoy! Refer to invitation card & sponsorship form distributed to students.
2. Awards Ceremony Grand Prizes: Youngest age group - Trampoline! Middle age group - Go Cart! Oldest age group - Drone!
3. Sign up to volunteer at the Awards Ceremony and/or to set up the day before. Application available on the website! Deadline: Saturday, May 30.
4. Summer Reading Program: Find your summer reading program information at the end of your book. Read through instructions & complete during summer break
5. Report cards for all classes will be sent via email on 1PM on the day of the Awards Ceremony
6. GCY taking place Sat, May 23 from 4:30 - 8 PM. For students in grade 9 & higher. Speakers: Bhai Mohan Singh (UK)
7. Classes WILL be in session on Victoria Day: May 18
8. Level 6 Part 2 Sehaj Path Bhog happening on May 31 from 4:30 - 6:00 PM in the Main Darbar hall. All students and families are invited to attend!
9. IMPORTANT AWARDS CEREMONY NOTES:
 - Grand prize wristbands will only be available in the Darbar. Once students receive their wristbands, they must stay in Darbar. Leaving Darbar = wristband being cut off. The line will be strictly cut off at 9:45 am.
 - Students must wear full uniform (white suit/kurta/chola and blue head covering)
10. 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