



Small groups at Temple

Looking to meet like-minded members, deepen connections, share interests and passions?

Let us help you find your small group.

In these member led groups, participants come together for shared learning, conversations and celebrations. You will engage in activities and experiences that are important to you.

We are also interested in starting a young parents group with babies and children, a newlywed group and more.

For all questions in regards to small groups, please email marcy@templemontreal.ca, if you are interested or want to start your own group.

A Space by Jews by Choice

You are invited to join a Small Group led by Dale Bayers, who converted at Temple in 2017. This is a chance to gather (on Zoom), with others who have chosen Judaism or are in the process of converting to share stories, to build community and to ask questions in a non judgmental space.

Each group will have a maximum of 12 people. Please email Marcy Kastner at marcy@templemontreal.ca to reserve your spot. Be sure to specify which group you want to join. The groups will start with 8 scheduled meetings; at that point, the group will decide whether to continue meeting.

Batch Cooking

Come cook with new friends, socialize, have fun and bring home dinners. We are opening up Temple's kitchen on a chosen weeknight for members to gather and cook the same recipe in large quantities. You will also get to leave with meals to take home.

Suggested donation to cover the costs but give what you can. For more information, Please contact marcy@templemontreal.com if interested.

Bereavement Group

MONDAYS | 5:30 PM - 6:30 PM: LOSS OF A SPOUSE UNDER 70 YEARS OLD (BEGINNING ON OCTOBER 16)

WEDNESDAYS | 5:30 PM - 6:30 PM: LOSS OF A SPOUSE 70 YEARS OLD + (BEGINNING ON SEPTEMBER 6)

Join us in the fall for an opportunity to witness and honour your own grief, understand your grief and obtain the support to gradually remember with more love than pain.

The grieving process can be traumatic and transformative. We want to offer you the utmost respect and support based on your unique experience and needs.

There is no timeline in grief and the goal is to reflect and guide people towards a life that honors your loved ones with empathy, genuineness, honesty and respect.

This will be an 8-week opportunity to be in a safe space for those in grief; to be supported and heard.

Facilitated by: Sheryl Goldstein, Certified Grief Educator

Registration is required.



Beyond the Binary: Parent Ally group

We will be starting a small group for parents of non-binary and transgender children (of any age). This group will provide a safe space where parents can connect, and find community with one another in a supportive environment. We will have facilitated conversations on topics relevant to our member families with children who are beyond the gender binary.

This closed group, the membership of which will be private, and therefore not drop-in, will be a meeting place for parents to build a rapport and trust with others who are walking similar paths to them. We will meet online monthly.

Our initial Zoom meeting will be Monday August 28 at 7:30 PM. To learn more and to register, please contact Marcy Kastner.

Registration is required.

Caregiver Drop-in Session

TWICE A MONTH | 2:00 PM - 3:00 PM (BEGINNING ON OCTOBER 11)

This is a generalized drop-in group session for those who are providing primary or secondary caregiving support to aging parents or other family members. Caregiver Drop-in is a safe space for caregivers to offer and receive support and exchange strategies based on the shared experience of caregiving. This group is facilitated by a social worker and will be held twice a month, from 2:00 PM - 3:00 PM beginning on October 11th.

For more information, please contact Shellie Ettinger at shellie@templemontreal.ca.

Caring Cooks

THURSDAYS | 9:00 AM - 12:00 PM

All are welcome to join us in person on Thursday mornings from 9:00 AM - 12:00 PM every other week.

Our volunteers also help pick up and deliver the food.

If you enjoy cooking in a group or at home please come join us!

This group provides meals for Share the Warmth (a non profit food bank) and Resilience Montreal (non profit day shelter). They prepare thousands of sandwiches, muffins, and cookies annually.

Gentle Yoga for Resilient Aging

WEDNESDAYS | 10:30 AM - 11:45 AM

SEPTEMBER 6 - NOVEMBER 1 (NO CLASS ON OCTOBER 18)

This 8-week gentle yoga session will be accessible to beginners and engaging for the more experienced. We will use props to promote careful alignment and to balance effort and ease. We will also be attentive to the philosophy of yoga.

Students should bring their own yoga mat and wear comfortable clothing. Chairs, belts, and blocks will be provided.

Where: Temple, 3rd floor, room #, accessible by elevator, washroom on the same floor.

Cost: \$120 for 8 sessions

Limited to 8 students/session. Registration is required.

Teacher: Shelley Ruth Butler who has been a member of Temple for over 18 years, a practitioner of yoga for 30 years, and is now a certified yoga teacher.

Groupe francophone sur les identités juives/Francophones and multicultural Jewish identity

Groupe de discussion en français autour de la pluralité des identités et expériences juives. Rencontres, témoignages autour de textes et thèmes suggérés par le groupe.

Mind/Body/Spirituality

This group is intended as a time and space to explore mind and body well-being, and how they intersect with spirituality.

Topics for discussion will emerge from the group, as we create an open sharing of ideas, knowledge, experience, learning, questions and support. We can learn and grow together in the context of Temple.

Painting Parshiyot

What do the narratives of the weekly parasha mean to you? Unleash your creativity and express your spiritual side through painting!

All levels and all styles welcomed!

Hosted by Sophia Wolkowicz BFA, Specialization Art Education

Rosh Chodesh Group

We have a vibrant Rosh Chodesh group that meets online (for now) once a month on the new moon. Our members range in ages and backgrounds and everyone shares in an honest and authentic way relating the themes of the month to our own lives. Each member takes a turn leading, researching information (spiritual, meaningful) about the new month and also proposes questions for us to think about and discuss. We also sometimes send personal photos of the moon, poetry, or links to related songs. We meet on the actual date of the new moon which changes every month.

Shiva Minyan Leaders

We are looking for people who have knowledge of Hebrew willing to go into a mourner's home .

You would offer Temple's condolences and lead the Minyan service.

Rabbi Grushcow has created a guide to lead you through the service. Contact her if you're interested by emailing rabbigrushcow@templemontreal.ca.

Volunteering at Jewish Eldercare

Temple is partnering with Jewish Eldercare who are in need of volunteers.

Your responsibilities will include and not limited to, taking residents to activities, sitting with them outside and whatever comes up. You must be committed, passionate, warm and caring to the patients.

There will be a volunteer training program to help you get started. This will run all year. Please contact marcy@templemontreal.com if interested.

WELCOME TO OUR NEW MEMBERS

Temple extends a warm welcome to the newest members of our congregation

Julia Ain

Tony Aquino

Benjamin Battat & Martha Nicol

Michael Engels & Alli Carr and family

James Chartrand

Jayson Derrick & Rebecca Derrick and family

Justin Efraim

Perry Gdalevitch and family

Blair Jackson

Jaclyn (Jax) Jacobsen

Julia Levitin and family

Raissa Marks & Chris Frost and family

Antoine Murray

Anne Newman & Angela-Ruth Idelson

Clarissa Pacaldo and family

Cassandra Pigeon

Roxanne Quessy

Deborah Shulman

Barbara Silverberg & Philip Silverberg

Stephanie Susser & Valerie Clayman and family

