

Looking for an idea for a new group? Below is a list of our **Past Sh'ma Groups** – if you see something you like, we can help you get a new group started with a similar theme. Just contact shmagroups@betham.org.

*Please note that all Sh'ma Group meetings feature a structured conversation at the core of each gathering. You can click here to learn more about our discussion materials: Ask Big Questions.

Active Seniors

Join a group of active seniors to connect and grown in a supportive and friendly environment. Great for couples to stay active together!

B'nei Mitzvah Parents - 2016-17 Cohort

For parents of 2016-17 B'nei Mitzvah students. Gather together on Sunday mornings to connect and learn together.

Empty Nesters

The Empty Nesters cater to those parents whose children have turned the page on their youth, and are becoming established in their own life. Both couples and singles are welcome, but we are catering to individuals who are entering a new phase of their own lives. We intend to meet monthly (on Thursdays), and invite you to meet your fellow congregants in a similar situation.

Healthy Active Vegans

Developing/continuing a lifestyle that allows us to feel whole. We will have demos, speakers, potlucks, physical activities and outings with respect for each other and our Judaism & its traditions. Meets Monthly on Wednesday evenings

Lost in Translation

Are you the 1st generation immigrant to America? Are you the brave heart, who came to USA in search of home, freedom, education, work? Have you arrived a century ago, or a week ago? Were you 3 days old or 17 years old? Let's share our stories. Life has more imagination than we carry in our dreams!

Munch & Mitzvah

Our group will focus on a community approach to Tikkun Olam. We will look for ways to get involved and make a difference while building the ties that bind. And of course, nosh.

Palo Alto Families with Teens

Midtown and South Palo Alto families with teens coming together to share conversations, Shabbat dinners, Jewish holiday celebrations, and even some fun activities and/or social action projects. Kids' participation is optional.

Parenting with a Jewish Lens

This is a group for Moms with kids in grades 3rd - 5th to gather either during the day or Sunday mornings to connect.

Parents of Adult Children: Relationships

Join us to meet and connect with parents of adult children (ages 25-35). We'll explore and share experiences in maintaining strong relationships with grown children leading their own lives, while defining new boundaries that are inevitable and necessary as they move from young to full adulthood and independence.

Parents & Sh'more

If you are a parent - coupled or single, gay or straight - who has elementary age kids in or near Los Altos/Mountain View, this group is for you. Our Sh'ma Group discussions will revolve around group outings. Together we will choose places to go and events to attend. These activities could include hiking, cooking, social activism and community service.

Searching Seniors

As we age, many of us are addressing the big questions - and some of us are ducking them. How do we deal with the time we have, what are our priorities, what is no longer important, what decisions do we need to make, now?

Shabbat, Sweets & Tunes

We will gather on Shabbat afternoon to revel in the sweetness of Shabbat, the sweetness of music and the sweetness of, well, sweets! Come join us to taste a new dessert (and get a recipe), listen to a group member's new musical discovery (all genres), and generally enjoy the peace, beauty and joy of Shabbat.

Standing Together

Standing Together is a Sh'ma Group consisting of interfaith couples and couples with Jews by choice. Our objective is to build deep connections by engaging in meaningful conversations during six gatherings.

Tzedek Seekers

We're a group of active seniors (55-75), who seek to know each other better through meaningful discussions and by making a difference in our community.

Wisdom Seekers

We are a group of men and women in our fifties and beyond, who seek to know and understand one another through friendship and learning. We will meet for a glass of wine and a good discussion every Thursday evening for six weeks.

Women Connecting

We are a group of women who are not currently with a partner, whose children (if any) are grown, and who are engaged in the world through work, volunteering, study, caring for aging parents, etc... We are looking for a comfortable way in which to connect with other women at Beth Am and build deeper relationships through the power of conversation.

Women, Conversation & Friends

Join a group of women in their 30's, 40's & early 50's who are connecting with other women at Beth Am to build deeper relationships, enjoy conversation, learn together, and of course, share some food & drink.