



Frequently Asked Questions About Alpha

What is Alpha?

Alpha is a series of sessions exploring the Christian faith, typically run over eleven weeks. Each talk looks at a different question around faith and is designed to create conversation. Alpha is run all around the globe, and everyone is welcome.

What happens at Alpha?

Every Alpha is different, but generally they have three things in common: food, a Video or talk and conversation.

Food

Whether it's a group of friends gathered around a kitchen table, or a quick catch-up over coffee and cake, food has a way of bringing people together. It's no different at Alpha. Most sessions start with food, because it's a great way to build community and get to know each other.

Video or Talk

The talks are designed to engage guests and inspire conversation. Usually around thirty minutes long, they can be given as a live talk or played as a video, all for free. They explore the big issues around faith and unpack the basics of Christianity, addressing questions such as Who is Jesus? and How can I have faith?

Conversation

Probably the most important part of any Alpha: the chance to share thoughts and ideas on the topic, and simply discuss it in a small group. There's no obligation to say anything and there's nothing you can't say (seriously). It's an opportunity to hear from others and contribute your own perspective in an honest, friendly and open environment.

How much does it cost?

Alpha is completely free – and there's no follow-up if you don't want to come back after the first session.