

ALPHA FREQUENTLY ASKED QUESTIONS

1. What is Alpha?

Alpha is a series of eleven-week sessions and a weekend exploring the basics of the Christian faith. Each session looks at a different question around faith, and videos are designed to create conversation in small groups. It's run all over the globe, and everyone's welcome.

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

Food – Sessions start with food at no cost, because it's a great way to connect and get to know everyone there.

Talk – A video, usually 30 minutes, explores the basics of the Christian faith and are designed to inspire conversation.

Conversation – There is a discussion after the Talk where you can share your thoughts and ideas on the session's topic. You can say anything or nothing.

Alpha is completely free – and there's no follow-up if you decide not to continue.

2. Is this a Catholic based program?

No, Alpha started in the Anglican Church in England 30 years ago. Alpha has been running in the Catholic Church at least since 2000. Alpha is not a catechetical program but is an evangelization program. Alpha is trying to introduce people to Jesus.

3. How is Alpha different than CRHP (Christ Renews His Parish)?

For individuals who attend Alpha, CRHP may be the next step in their faith journey. Alpha means the beginning and is designed to teach basic fundamentals about the Christian faith. CRHP includes very personal testimonials whereas Alpha:

- Shows videos, with some short testimonials, and consists of discussions about the videos among the guests.
- The Alpha hosts and helpers do very little talking.
- You can only attend Alpha once as a guest.
- There is no formation period to deliver the next Alpha.
- An Alpha group will be a mixed group of men and women.
- An ideal size for an Alpha group is 12 including 2 hosts, 2 helpers and 8 guests.

4. Do I have to be a Christian or Catholic to attend?

No, everyone is welcome to attend with their questions and concerns, regardless of their commitment level to the Church or to God.

5. Who is Alpha for?

Alpha is for anyone who: never heard the gospel; is curious; is searching for answers to life; does not believe in organized religion; is unchurched; has not been to church; feels something is missing in their life; is not getting anything from Church; does not go to Church; does not call themselves Christians; wants to see what faith is all about; has little or no familiarity with Jesus.

The talks are designed to encourage conversation and explore the basics of the Christian faith in a friendly, open, and informal environment. No question is out of bounds and you are free to discuss as much or as little as you wish.

6. Will my contact information be shared?

No, it is used only for the Alpha team.

7. How important are the “prayers” to achieve the goal of getting to know Jesus and reaffirm my faith?

You will pray only when you feel ready.

8. I have not attended any church for a long time. Can I encounter Jesus through the Alpha program?

Through a series of videos and discussions, Alpha presents the reality of who Jesus is. Alpha takes people on a journey often leading to a personal encounter with God. It enables people to ask questions, share ideas, and experience the love of God through the power of the Holy Spirit.

9. What is the role of the Holy Spirit on the Alpha Program?

Alpha introduces the Holy Spirit to you, so you can recognize Him in the future.

10. Am I going to be forced to talk on every session and give my opinion on every talk?

The small groups provide the opportunity to share thoughts and ideas on the topic, but you will not be pressured to talk or to change your beliefs. You can be yourself and comment or ask questions freely.