



Is there more to life
than this?

alpha.org

THE ALPHA COURSE



Join us for a free dinner and explore life's deeper questions...

What's the point of **life**?

Who do you go to for **guidance**?

Is **forgiveness** possible?

What **relevance** does Jesus have for our lives today?

SPRING SESSION BEGINS MAY 6, 2019
MONDAYS FROM 6:30 – 8:00 PM
For adults over age 18

Questions? Want to get involved?

Email Karen and Steve at AlphaEastCounty@gmail.com

9800 San Juan St, Spring Valley, CA 91977

What is Alpha?

More than twenty-five million people all over the world have completed the Alpha course in churches, homes, universities and prisons.

- ◆ It is an **opportunity** for anyone to explore Christianity.
- ◆ It is **relaxed, non-threatening, low-key, friendly and fun!**
- ◆ It is **sharing a meal** together at the beginning of each session, giving guests the opportunity to get to know each other.
- ◆ Takes place over ten **thought-provoking** weekly sessions and a Saturday retreat.
- ◆ It is offered by all the **main Christian denominations**, including the **Catholic Church**.

Who is Alpha for?

Everyone is welcome to come to an **Alpha** course and people attend for a wide variety of reasons.

- ◆ Some are **curious** about Christianity.
- ◆ Many want to **investigate** whether God exists and if there is any point to life.
- ◆ Some are **concerned** about what happens after death.
- ◆ Many have attended church on/off all their lives and **have questions** about their Christian faith.
- ◆ Many seek an environment where they can openly discuss questions and doubts without being judged.
- ◆ Some Christians desire a “**faith tune-up**”
- ◆ New Christians or those seeking to grow

Topics/2019 Schedule

May 6 *Introduction / Is There More to Life Than This?*

May 13 *Who is Jesus?*

May 20 *Why Did Jesus Die?*

May 27 (Memorial Day / Holiday)

June 3 *How Can I Have Faith?*

June 10 *Why and How Do I Pray?*

June 17 *Why and How Should I Read the Bible?*

June 24 *How Does God Guide Us?*

June 29

Saturday
Retreat
Day

Who is the Holy Spirit?

What Does the Holy Spirit Do?

How Can I Be Filled with the Holy Spirit?

July 1 *How Can I Resist Evil?*

July 8 *How Can I Make the Most of the Rest of My Life?*

July 15 *Why and How Should I Tell Others?*

Typical Alpha Evening

The course during this session runs on Monday evenings over 10 weeks and includes:

- ◆ **Sharing a meal** and getting to know each other.
- ◆ An **entertaining talk** is presented on video from a Christian viewpoint about basic spiritual topics.
- ◆ **Small group discussions** after the talk allow everyone to discuss whatever questions, doubts, or issues they may have. This is an opportunity to share and learn together.
- ◆ You will also be invited to attend a **one day retreat** that takes place about halfway through the course. For most people, this is the highlight of the course.
- ◆ **Evening sessions** run from 6:30 – 8:00 pm following the group discussion.

For more information, visit: www.alphausa.org

You can also email Karen and Steve at AlphaEastCounty@gmail.com