

# What is Alpha?

Alpha is a series of sessions exploring the Christian faith. Each session looks at a different question around faith and is designed to create conversation. Alpha is run all around the globe and here at Annandale.

## 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.

## Videos

The videos are designed to engage and inspire conversation. Usually around thirty minutes long and delivered over about eleven weeks. They explore the big issues around faith and unpack the basics of Christianity, addressing questions from *Who is Jesus?* and *How can we have faith?* to *Why and how do I pray?* and *How does God guide us?*

## Discussion

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.