

## What others say about Alpha

"I went to Alpha thinking "I don't need this class" but I am going to see what is in it for me. I didn't know what to expect, but through every lesson it refreshed my understanding about my Christian faith and opened my eyes about my purpose here in earth. What I found was a revival for my soul, and answers that I put away for later... and the most important thing I found was great friends that I know I can count on if I need to"

*Leonor*

"When I first saw the small little Alpha book that comes with the course my first thought was "where's the Beef." However I soon discovered that between the video, the scriptures and concepts presented in the book there was plenty of "Beef." The concepts and scriptures presented are "simple" yet at the same time dynamic, profound, and powerful. Alpha is much more than just another class, it is an experience. I found myself challenged and my faith strengthened. If you have the chance to take the Alpha Course – do it. You will be glad you did."

*Dave*

"When I started this class I had certain expectations. What I have received from the DVD input and my fellow participants has so far surpassed my expectations it is hard to put into words. It has been a more intimate identification with Jesus and the Holy Spirit than I thought would ever happen. It is truly an astounding experience."

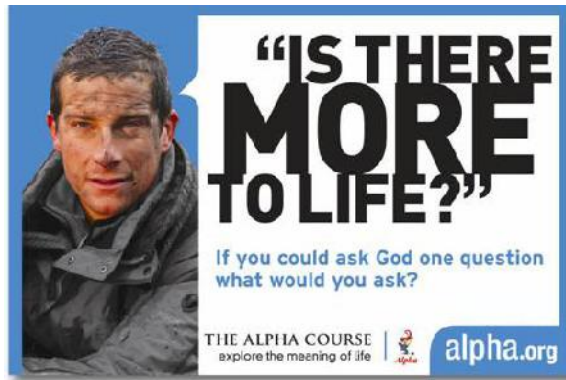
*Kay*

"Through Alpha, Jesus Christ is capturing the hearts and minds of an ever-growing number of persons."

*George Gallup, Jr.*

"The Alpha course is a most engaging way of passing on the basics of Christianity. It is a tool for evangelism and nurture that I highly recommend."

*J.I. Packer, Professor of Theology, Regent College  
Vancouver, Canada*



### ▶ Alpha Course

First United Methodist Church  
1200 East H Street  
Chula Vista CA 91910  
619 656.2525  
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## Alpha Course

"Is There MORE to Life?"



## Introduction Dinner

Jan 22, 2012

4 pm

First United Methodist Church  
1200 East H Street  
Chula Vista CA 91910

Tel: 619 656-2525 ◀

## What is Alpha?

The Alpha course is a practical introduction to the Christian faith and is open to all. It runs as a series of weekly meetings which each involves an informal fellowship time, a talk, and small group discussion. There are fifteen talks (including the Introduction Dinner)

**"Alpha is more than another program. It's about people coming to Jesus Christ, being filled with the Spirit, getting excited about Jesus, and spending the rest of their lives serving Him."**

Nikki Gumbel,  
Sr Pastor, Holy Trinity, Brampton

covering the basic principles of the Christian faith given over a ten-week period, including a day away. It is relaxed,

nonthreatening, low key, friendly, and fun. Alpha is for everyone, especially those wanting to investigate Christianity, new Christians, newcomers to the church, and those wanting to brush up on the basics. Alpha can empower lay members of the church in effective evangelism.

### **What Happens At Alpha?**

The Alpha course lasts 10 weeks, with a day away in the middle. Courses vary in size and each session typically last 2 hours.

Each gathering begins with fellowship - a chance to get to know others. Then there is a DVD talk which looks at a different aspect of the Christian faith each week. This is followed by a time of discussion in small groups, where everyone is welcome to contribute their opinion and ask questions. People stay in the same small groups for the duration of the course so they can get to know each other, continue discussions and deepen friendships. The emphasis is upon exploration and discovery in a relaxed and informal environment. The talks each week cover the following topics, acting as a springboard for the small group discussions:

#### **Introduction Dinner: Sun, Jan 22, 2012**

4 pm—6 pm (Potluck meal)

Is there more to life than this?

**Week 1:** Who is Jesus?

**Week 2:** Why did Jesus die?

**Week 3:** How can we have faith?

**Week 4:** Why and how do I pray?

**Week 5:** Why and how should I read the Bible?

**Week 6:** How does God guide us?

**Week 7:** How can I resist evil?

**Week 8:** Why & how should we tell others?

**Week 9:** Does God heal today?

**Week 10:** What about the Church?

**Day Away: March 3:** Who is the Holy Spirit?

What does the Holy Spirit do?

How can I be filled with the Holy Spirit ?

How can I make the most of the rest of my life?

### **Alpha Registration:**

Name: \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**I will attend the Introduction Dinner**  
(Sun, Jan 22—Potluck) Yes \_\_\_ No \_\_\_

**I will attend the following course:**

Fridays 6–8 pm Jan 27/March 30 \_\_\_

Mondays 6–8 pm Jan 30/April 2 \_\_\_

Wednesdays 6-8 pm Feb 1/April 4 \_\_\_

Wednesdays 9:15-11:15 am Feb 1/April 4 \_\_\_

En español el Viernes 6-8 pm Enero 27/30 de Marzo \_\_\_

Need Child Care Yes \_\_\_ No \_\_\_

# of Children \_\_\_ Ages \_\_\_\_\_

I can not attend the above, I would like a class on (day of week) \_\_\_\_\_

Time of day \_\_\_ am \_\_\_ pm

Return this form to address below:

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