



# About Alpha

## What is Alpha?

Alpha is an opportunity for an encounter with Christ. It is an 8-week course, meeting weekly, 90-minute sessions, from the week of September 6- the week of November 8.

At the Alpha sessions, enjoy a meal, view a short video that encourages conversations, and explore questions about our Christian faith and its relevance to daily life. Alpha empowers each of us to live out our unique callings and gifts from the Holy Spirit. (Please note, all sessions provide a gluten free option with salad and grilled chicken or other items. Menu will be posted weekly on our website.)

## When does Alpha meet?

There are 12 Alpha course sessions to choose from.

Our Great Journey, our parish Faith Formation program, with sessions designed to enrich the Catholic faith of every member of our parish family, will resume bi-weekly beginning November 2. Alpha will open the first 8 weeks of Our Great Journey sessions.

Sessions are offered for preschool through adults.

### Adult & Youth course sessions (Nursery available for children 8 mos.-4 yrs)

- Sunday 9:45 - 11:15 a.m., September 7-October 26
- Sunday/Domingo 12:15 - 1:45 p.m., September 7-October 26, Adult session en español
- Sunday 6:00 - 7:30 p.m., September 7-October 26
- Tuesday 5:30 - 7:00 p.m., September 9-October 28
- Wednesday/ Miércoles 6:00 - 7:30 p.m., September 10-October 29, English & Spanish Adult

### Adult Only course sessions (Nursery available for children 8 mos.-4 yrs)

- Friday/ Viernes, 6:30-8:00 p.m., September 5-October 31, Adult sessions English & Spanish
- Saturday, 9:30-11:00 a.m., September 6-November 8
- Saturday 6:30 -8:00 p.m., September 6-November 8

### Adult Only course sessions (without nursery)

- Monday/ Lunes 7:00 - 8:30 p.m., September 8-October 27, English & Spanish
- Tuesday 10:00 - 11:30 a.m., September 9-October 28, English
- Tuesday/Martes 7:30 - 9:00 p.m., September 9-October 26, English & Spanish
- Friday 9:45- 11:15 a.m., September 5-October 31, English (unless requested)

## Who is Alpha for?

**EVERYONE...** All adults in our parish and during specific sessions, the Alpha course will be adapted for our youth, covering the same topics at age-appropriate programming.

## Should I sign up for the Alpha course?

Yes, our goal is for all in our community to participate in an Alpha course. We know your faith will be strengthened and bring you a renewed encounter with Christ. Early registration closes August 1,

<https://transfiguration.com/faith-formation>

## **Youth Courses and Nursery**

- *If you have children (kindergarten through Grade 12), please select from one of the 5 sessions offered with the youth courses.*
- Nursery is available at designated sessions for children 8 months to 4 years

## **What if my child is preparing for Sacraments?**

Congratulations! Your family should register for Alpha and Our Great Journey. Sacrament meetings and preparation will continue as normal.

## **If I haven't participated in Alpha yet, can I still serve as a Small Group Leader for the children and teen sessions?**

Yes, you can be a Small Group Leader, and we encourage you to participate in one of the other 11 Alpha courses offered. . As with every new faith formation year/season we will offer training for Alpha and Our Great Journey.

## **What if I have already taken an Alpha course? How do I sign up to help?**

We'd love to have you as a volunteer. Please sign up on the registration form,

<https://transfiguration.com/faith-formation/>

If you have children, register them for the Fall Alpha course while you are volunteering. And please invite/accompany others to the experience of ALPHA.



**Click or scan to register for Alpha and Our Great Journey. Early registration ends on August 1.**

## **What people are saying...**

Last spring there were 3 Alpha Pilot Courses; this fall there were 6 Alpha Pilot courses... to date there have been about 500 Alpha participants.

- Thank you for this meaningful time - gonna miss it!
- Dynamic, thoughtful experience - thankful for the small group who journeyed with me.
- The videos were very enlightening, joyful and provoked thought - really enjoyed making new friendships.
- Wonderful experience, I understand faith better while meeting and interacting with wonderful people who are actively learning and searching for love of God and how to give praise for all God does for us.
- I loved the videos especially the couple (commentators).
- It was a positive experience - added to my prayer life.
- Absolutely enjoyed and cherished my time at Alpha. I learned a lot about Jesus and my church.
- Alpha was a gift from heaven - all members of the table were a gentle caring gift from God.