

## What is Alpha?

Alpha is a series of sessions exploring the basics of the Christian faith. Typically run over eleven weeks, each session looks at a different question around faith, and the talks are designed to create conversation in small groups afterwards. It's totally free, it's run all over the globe, and everyone's welcome.

## What happens at Alpha?

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

**Food** – Most sessions start with food, because it's a great way to connect and get to know everyone there.

**Talk** – The talks explore the basics of the Christian faith and are designed to inspire conversation. Usually around thirty minutes long, they can be given as a live talk or played as an episode. [Watch a talk](#)

**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

## How much does it cost?

Alpha is completely free – and there's no follow-up if you don't want to come back after the first session.

## How do I sign up?

Easy! Just look below this section on the page under forms and you can choose the session that works best for you.