

“Alpha was the best thing I ever did. It helped answer some huge questions and to find a simple, empowering faith in my life.”

—Bear Grylls, TV Adventurer

In Partnership with the US Mission Network

The US Mission Network is a collaborative effort of YMCA leaders that are united to preserve, nurture and advance the Christian heritage and purpose of the YMCA across America.

The US Mission Network serves all YMCA associations as they strive to fulfill their mission statement to build healthy spirits, minds and bodies. Our focus is on the integration of Christian principles and the loving message of Jesus Christ into all aspects of the Y. We seek to empower, strengthen and expand existing Christian initiatives and assist in establishing new Christian mission structures.

We aspire to make an eternal difference through our efforts to lift up Jesus in the YMCA.

Learn more by visiting usmissionnetwork.org



Preserving, nurturing, and advancing the Christian heritage and purpose of the YMCA across America!



Why the YMCA



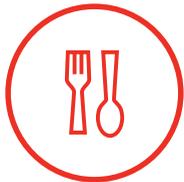
Alpha

#TryAlpha
alphausa.org

What is Alpha?

Alpha is an opportunity for members of your community to explore life, faith and meaning in a safe space. It is a series of sessions exploring the Christian faith that is open to all, wherever they are at on their spiritual journey. Alpha is for everyone, regardless of background or belief.

Each meeting generally includes three key things: food, a talk and a discussion.



FOOD

Meetings start with food to encourage community and give group members an opportunity to get to know each other.



TALK

Talks are typically thirty minutes long and explore the big issues around faith and unpack the basics of Christianity.



DISCUSSION

Members are given an opportunity, in a small group, to share thoughts and ideas on the topic. There's no obligation to say anything, and there's nothing you can't say.

At Alpha, **everyone is welcome.**



Why host Alpha at the Y?

Hosting Alpha at a YMCA provides:

A designated time for members of your community to build a healthy spirit and mind.

A welcoming environment for guests to explore the big questions of life.

An inviting venue for attendees to develop authentic community.

A safe space for participants to share their thoughts and be heard without being judged.

The opportunity for people to experience positive life change.

“Alpha does something that is really, really rare in our culture. It provides a safe space for people to ask whatever questions they have without fear of judgement.”

—Jon Tyson
Church of the City, NYC

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