

Starting an Alpha group at the YMCA



What is Alpha?

Alpha is a resource that you can use in your YMCA to help members of your community explore life, faith, and meaning in a relationally inclusive environment. Alpha welcomes participants to slow down, consider what they believe and why they believe it as they explore the Christian faith. Each discussion looks at a different question around faith and is designed to create conversation.

Starting Alpha at Your YMCA

Starting Alpha at your Y is easy.

FIND AN ALPHA PARTNER

The US Mission Network will help connect your YMCA with a church or community leader who can lead an Alpha group. We recommend taking this approach for a number of reasons. Finding a partner to lead Alpha frees up staff and resources at your Y. These partners also help to foster a greater sense of connection in the community. For the Alpha leaders, hosting Alpha at a Y provides them a neutral, inviting location to welcome guests to.

PICK THE DATE

We recommend Alpha run for eight weeks. While it can be offered at any time of day and any day of the week, it is usually offered in the evening. Consider a time when your child care department is open and staffed, so parents can attend Alpha.

PROMOTE THE COURSE

The number one way guests come to Alpha is through personal invitation. Encourage your staff to invite members they think would be interested in attending Alpha. The US Mission Network will also provide numerous free promotional materials that you can utilize to promote Alpha at your Y.

Frequently Asked Questions

WHO IS ALPHA FOR?

Alpha is for everyone, regardless of background or belief.

HOW MUCH DOES ALPHA COST?

There is no fee for hosting and leading Alpha.

WHAT IS THE IDEAL SIZE FOR AN ALPHA GROUP?

Alpha can function in almost any size. To encourage conversation and discussion, we encourage Alpha small groups to be around 10–12 people.

WHAT COURSES DOES ALPHA OFFER?

In addition to the traditional Alpha course that explores the Christian faith, Alpha also has materials for teens, parenting and marriage.

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