



A couple of weeks ago we finished the second Alpha Course hosted by Exeter parishes. For those of you who are not familiar with Alpha, it is an opportunity to explore life and the Christian faith, in a friendly, open and informal environment.

Alpha is not so much a *course*, but an experience! It creates a space where you can share your thoughts and feelings and explore topics that are often difficult to discuss elsewhere.

When we meet in person, Alpha revolves around a great meal, an engaging video and a stimulating conversation in small groups. During the pandemic, we ran Alpha online and couldn't offer a meal or a cup of coffee, but we had exciting and meaningful conversations each week.

*I'm a life long Catholic though of late, I have often felt like I am holding onto my faith by my fingernails, as there are so many difficulties and scandals within the Church which can make it a challenge to embrace.*

*Alpha has provided a very welcoming and open space in which to discuss things freely, without judgement, and this has been a real blessing and help to me.*

*Alpha has enabled me to know God's love, mercy and grace afresh, reconnecting me with a new sense of hope.*

Sophie

Our Alpha guests came from various geographical locations (some from as far as Lanzarote) and from all walks of life. Many guests are cradle Catholics, some are recently received to the Church, some non-Christians. Some of them came to faith through Alpha, in others the Holy Spirit awakened a hunger for God, for his Word and a need to get closer to and know Him better. Whatever their background they all loved the opportunity to meet and have an open and honest conversation. Alpha gives everyone a deep sense of belonging and fellowship.

*I'm not a Christian and I'm new to all this. Alpha helped me to discover a relationship with God. I'm not alone because God loves me. I have the Holy Spirit with me and I believe that.*

For the team it is a joy and privilege to see the Holy Spirit at work and many lives being transformed.

We are planning to run the next Alpha in early autumn. If you would like to know more or to be put on a waiting list, please [contact us](#)