

Frequently Asked Questions

Where will Alpha be held? With the exception of the weekend away, our plan is to host sessions on St Benedict's campus. We will begin each evening at 6:00 with dinner in the school gym (also known as our church hall).

Who provides the food? We have a team working behind the scenes to prepare and serve the food.

Where should I park? For easy access to the school gym, we recommend using the parking lots located behind the church. From Bedford Street: at the traffic light near the church, turn onto Churchill Street. At the stop sign, make a left and then the very next left into the church's parking lot.

What should I expect? Alpha helps create space for honest conversation around some of life's biggest questions, bringing people together while providing the chance to encounter Jesus. Every Alpha is different, but they generally have three things in common: food, a short video, and conversation in a small group.

Can I request to be in the same group as a spouse/friend? Certainly! If you haven't already made that request, simply send an email to stbenedict.alpha@gmail.com with your name along with your request.

Do I have to attend all 11 weeks? While we would love for you to be able to attend all the weeks (and hope you can!), we understand that life happens. If you cannot attend a session, simply let your small group leader know. We promise, no make-up work or demerits given, and you're welcome back as soon as you are able to return! If you would like a link to the video you missed, we can provide that you, too—just ask!

How much walking is involved? Most nights, we will walk from the school gym to the church. Should you need assistance, let us know, and we can arrange it.

How much does it cost? It is absolutely free to participate.

What is the weekend away? Generally held between weeks 6 and 7, the weekend away is a Friday evening and day-long Saturday session designed to invite the Holy Spirit to be a part of your life. We do not stay overnight. Alpha alumni describe the weekend away as a meaningful experience and a time when they experienced a notable change in their faith. Please plan to attend the weekend away, if possible.

How can I sign up? Visit <https://stbenedictchurch.org/what-is-alpha/> and click the "Register Now" button.