

# What is Senior Alpha?

The Alpha course is an opportunity for anyone to explore the Christian faith. The course is run in a relaxed setting over ten weekly sessions, with a day or weekend away.

By 2010, over 2.5 million people in the UK and 13 million people worldwide had attended an Alpha course.

Senior Alpha is based on the same format as classic Alpha, but has been structured to suit older people (aged seventy-five and above). It is designed to be run anywhere that older people may gather, including church lunch clubs, residential homes and sheltered accommodation.

## More information

For testimonies, current ministry information, notes on how to start running a course, as well as tips on how to follow up your course in a residential home setting, please visit [alphafriends.org/senior](http://alphafriends.org/senior) or contact the Senior Alpha team:

Email: [senior@alpha.org](mailto:senior@alpha.org)

Phone: **0845 644 7544**

If you are running Senior Alpha, we ask you to register your course on [alphafriends.org/register](http://alphafriends.org/register) or by phone on **0845 644 7544**.

This will allow us to keep you up-to-date with information and events related to the ministry, and connect you with a Senior Alpha Adviser if you require assistance with any aspect of your course.



# Senior ALPHA

## ALPHA FOR AN OLDER GENERATION

[alpha.org/senior](http://alpha.org/senior)

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**THE ALPHA COURSE**  
explore the meaning of life [alpha.org](http://alpha.org)



## The vision

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Senior Alpha's vision is to give every person over the age of seventy-five the opportunity to attend an Alpha course. We want to play our part in reaching the older generation with the good news about Jesus.

Elizabeth, a seventy-six year old great-grandmother said:

'I was married for twenty years, had three daughters, but sadly divorced when the girls were teenagers.'

She became depressed, and started to suffer from stress and panic attacks.

When she retired from nursing, Elizabeth moved to Bath. One day, she saw an advertisement for the Alpha course by chance, and decided to go along. She says:

'[Alpha] turned my life around. I changed and yet I was still "me".

I came to truly believe in God ... Alpha is friendly and you can take part at your own pace. In the beginning, I didn't say anything in the discussions and it didn't matter at all.'

## The opportunities

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According to the United Nations, by 2025, 1 in 10 people in the world will be classed as a 'senior'. This is a growth from 500 million people to 835 million people in less than 20 years. This growth is largely due to the developed world, with countries such as the UK, Italy, Japan, South Korea and Australia leading the way.

The number of people over the age of 75 in the UK is expected to double over the next 30 years, and the over-85s age group is likely to expand the quickest, more than doubling to 3.3 million by 2033 (Office of National Statistics).

Many people have questions about faith that they have never had the time or space to ask. As people get older, they start to have the time, and Alpha gives them the space. Our desire is to share God's love, and to help people come into a living relationship with Jesus Christ and receive the assurance of eternal life.

## How is Senior Alpha different?

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### The talks and discussion

We have found that older people do not always find it easy to sit through a lengthy talk. To prevent any part of each talk from being longer than eight or twelve minutes (maximum), we suggest that Senior Alpha courses use a live speaker, and that each talk is interspersed with group discussion.

Talk transcripts for each Alpha session can be found at [alphafriends.org/alpha-talk-transcripts](http://alphafriends.org/alpha-talk-transcripts)

Alternatively, leaders may wish to use the *Alpha Express* DVDs, and pause for discussion at regular intervals. Suggested DVD 'pause points' (to allow time for discussion) can be found at [alphafriends.org/senior](http://alphafriends.org/senior)

### The Weekend/Day Away

On Senior Alpha, it will likely be easier to cover the weekend sessions on an Alpha Day, rather than an Alpha Weekend. In some settings (for example, in certain residential homes), the only option will be to incorporate the weekend talks into the regular Senior Alpha programme, rather than having a separate event. Obviously, this will significantly increase the length of the course, so leaders will have to bear this in mind.

### Resources

Ring bound, large print copies of the *Alpha Leaders' Guides* and *Alpha Guest Manual* are available. Both contain all referenced Bible verses written out. Large print *Why Jesus?* booklets are also available.

To order resources for your Senior Alpha course, please visit [alphashop.org](http://alphashop.org), call the **Alpha Publications Hotline** on **0845 758 1278** or email [alpha@stl.org](mailto:alpha@stl.org)