

## Suggested timetable for an ALPHA DAY

9.45 am	Registration/ Coffee and muffins
10.15 am	Talk I <b>"Who is the Holy Spirit and What does the Holy Spirit do?"</b>
11.30 am	Refreshments and Group Time
12.30	Talk II <b>"How can I be Filled with the Spirit?"</b>
1.45 pm	Lunch and Group Time
3.00 pm	Talk III <b>"How Can I Make the Most of the Rest of My Life?"</b>
4.30 pm	Departure

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There is obviously less time on an Alpha Day as opposed to the full Alpha Weekend and so it is necessary to combine various activities and talks. The first two talks are delivered as one talk and following this, the groups take refreshments as they discuss the first session. This is also a great opportunity to discuss spiritual gifts.

Following the talk 'How Can I be Filled with the Spirit?', there is a time of ministry that extends into lunch and group time. This will hopefully allow the opportunity for prayer and time and space for people to think and chat about what they have heard and experienced.

Groups can then use the evening as they wish. For example, they may want to have dinner together or spend the time doing something fun.