

ALPHA AT OUR LADY OF SORROWS

Alpha

WHAT IS ALPHA?

Alpha is a multi-week course that provides a safe space to ask questions about life, faith and meaning in a friendly environment. Alpha participants come from all walks of life to meet weekly and share a meal, watch an engaging video on various topics, and have a group discussion.

COME AND SEE

If you are interested and curious, come and experience the first Alpha night. If you don't enjoy the first night, at least you will have enjoyed a good meal and connected with people in the parish community!

WHEN AND WHERE?

Our next Alpha group will meet on Tuesdays, beginning January 31st, from 6:45 to 8:45pm in the Parish Hall.

For more information and registration scan the barcode, or email:

alpha@sorrows.ca

Program and meals are free.
Registration is recommended for meal preparation.



PAST PARTICIPANTS AT OLS HAVE SAID ...

"It was a safe space to discuss aspects about life you might be struggling with. I appreciated meeting new people and gaining access to valuable resources to deepen my faith."-Jen

"The people were great. I was humbled by the stories and the group discussions."-Anonymous

*"I found that Alpha helped me understand things about my faith I had never questioned before. It challenged me to think more deeply about why I go to church, and overall, strengthened my faith."
-Maddie*

"I have become more receptive. Now as I pray or when I'm in Mass, the words have more meaning and I feel closer to God."-Halina

"Throughout the Alpha Course, I felt a change occur. The videos led me to a better understanding of Christian life and the Holy Spirit."-Anonymous