



# BEING ON THE ALPHA TEAM

## SETTING THE STAGE FOR GREAT SMALL GROUPS

Usually after the first Alpha session, guests are assigned to a small group (by age or with friends). The ideal size for a small group on Alpha is between 8-12 people, including 1 or 2 hosts and helpers. The goal is that the small group would stay together for the duration of Alpha, go on the journey together, and hopefully become friends along the way.

Ideally your groups would sit together, eat together, watch the Alpha talk and then discuss it right where you are. This helps your group connect, and it saves time since there's no transition to another room or space. Your Alpha leader will explain how it will work.

We use the terms 'host' and 'helper' because on Alpha it's less about being a leader and more about helping facilitate a conversation. We want people to feel welcomed and included. The format is not teacher/student, but rather host/guest.

**Note:** There are two Team Training videos to help you learn about Alpha essentials, how to host great small groups, and tips on praying for others. Take some time to discuss these with your team.

### From Good to Great

Show guests that they're important by being 100% committed and consistent. Attend all the team training sessions, the Alpha Weekend, and all the small group discussions. Show genuine care for them by remembering their names and asking how their week is going. Remember, Alpha isn't about 'information transfer', it's about friendship and conversation.

Thank you for saying yes to being on the Alpha team. There are so many benefits to volunteering on Alpha. You'll have an opportunity to make new friends, serve your community, learn or develop a new skill, grow in your own faith and ultimately, make a difference in someone's life.

### What Do Hosts and Helpers Do?

Simply put, hosts are the ones who facilitate the small group discussion. Helpers are there to help the host and the guests with anything that might make the group experience even better. Helpers mostly stay quiet. They listen and pray silently as the discussion is unfolding. Being a helper on Alpha is actually one of the best ways for people to step into a leadership role for the first time.

### For the Alpha Youth Film Series:

Small Group discussion is not only after the Alpha talks, but included throughout each episode. There are 3 pause prompts with questions for you to discuss with your small group. Take about 5-10 minutes and if you want more time to chat, there are additional questions in the Discussion Guide to go through afterwards.

### KEEP THE CONVERSATION ALIVE

SHARE THESE GUIDELINES WITH YOUR SMALL GROUP

- You don't have to talk if you don't want to, but we'd love to hear everyone's thoughts.
- Any question or comment is welcome (just be brief and respectful).
- Respect each other by listening and allowing different opinions.
- Keep things confidential when you leave this group.