

*A second chance for those
in the second half of life...*

Alpha Plus

“I wish I had done
this thirty years ago.”

– Alpha guest

Alpha

Introductory
Guide for Leaders

THE LANDSCAPE HAS CHANGED

Did you know that there are nearly 6 million people aged 55 or over in Australia?

Our landscape has changed as the Boomer generation ages and seniors have become the largest population in the world.

Surprising as it may sound, Baby Boomers and older adults don't stop searching for the answers to life questions just because they are getting older. In fact, questions about life and death, eternity, meaning and purpose often come into sharper focus.

So don't you think that those in life's second half deserve a second chance to explore these questions one more time?

Perhaps you already have a community of older adults in your church, but you'd like to reach the many older adults in assisted living

or aged care. Or maybe you're realising the need for a tool that's tailored to the many independent baby boomers in your neighbourhood.

By offering Alpha Plus to the over 50's in your church, community or local retirement home, you can give them that second chance to explore the Christian faith.

WIDENING OUR NETS

Alpha Plus is based on the same format as Alpha, but can be structured to suit older people. Run over 8 to 11 weekly sessions, with an additional day or weekend away, Alpha can be run anywhere older people gather – in churches, homes, cafes, assisted living facilities, or retirement homes.

By widening your net with Alpha, you can provide an opportunity for those in the second half of life to hear the good news about Jesus.

***A new generation of older
Australians is waiting for you...***

HOW IS ALPHA PLUS DIFFERENT?

Talks and Discussion

Alpha Plus can be contextualised to meet the unique needs of the people in your group. You can choose from two new documentary-style film series: 30 minute talks (Alpha Film Series) or 20 minute talks, with pauses for discussion (Alpha Youth Film Series), which are great for groups with time constraints or seniors who find it difficult to sit through a longer talk.

The Weekend/Day Away

On Alpha Plus, it may be easier to cover the weekend sessions on a day. In some settings (e.g. retirement homes), the only option may be to incorporate the weekend talks into the weekly sessions, but this will increase the number of weeks.

Many people have questions about faith that they are engaging with in deeper ways as they get older. Alpha gives them the space to explore these questions.

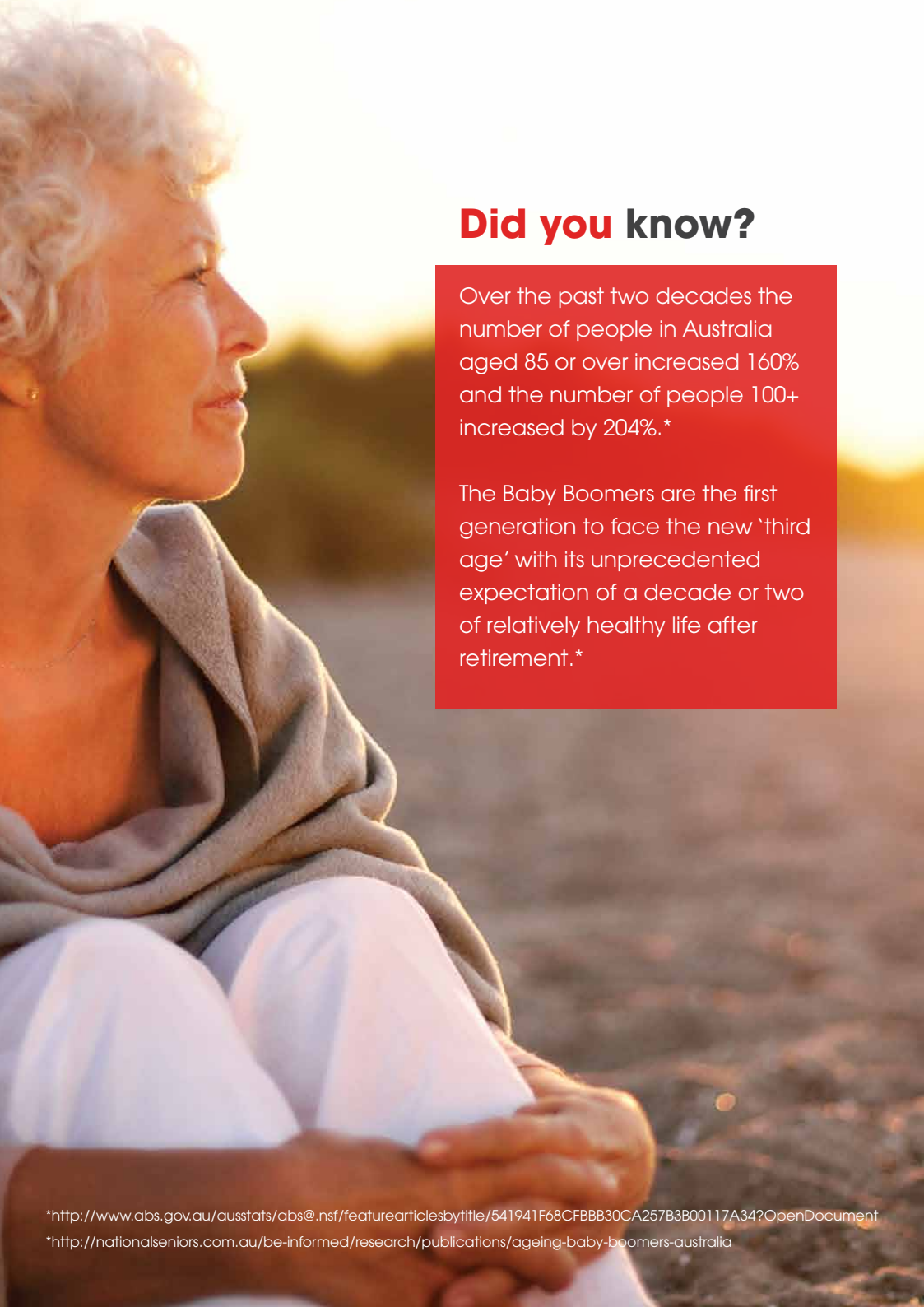
Start Alpha in your community and give those in the second half of life a second chance.

Find out more at
[**www.alpha.org.au/plus**](http://www.alpha.org.au/plus)

Everything you need to start your Alpha Plus can be found at koorong.com/alpha/ or is available for FREE when you register your course at alpha.org.au/run

**If you have any questions
contact: 1800 811 903
admin@alpha.org.au**

Alpha Plus



Did you know?

Over the past two decades the number of people in Australia aged 85 or over increased 160% and the number of people 100+ increased by 204%.*

The Baby Boomers are the first generation to face the new 'third age' with its unprecedented expectation of a decade or two of relatively healthy life after retirement.*

*<http://www.abs.gov.au/ausstats/abs@.nsf/featurearticlesbytitle/541941F68CFBBB30CA257B3B00117A34?OpenDocument>

*<http://nationalseniors.com.au/be-informed/research/publications/ageing-baby-boomers-australia>