

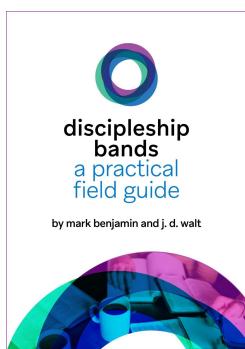
## Weekday Groups for Men and Women

### **Alpha**



- What: Alpha is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation. Alpha is run all around the globe, and everyone is welcome. Alpha is a great opportunity to invite friends who may have questions about faith or to reinforce your own understanding of the Christian faith. (If you have taken Alpha before, you're welcome to join us for a refresher!)
- When: Wednesdays, February 24 - May 5 ~ 7:00-8:30pm
- Where: Online Zoom Meeting
- Led by Kerry Goad and Pastor Andy & Gretel Roberts
- Cost: None

### **Discipleship Bands**



- What: A band is a group of 3 to 5 men or women who meet together weekly to support one another, pray for one another and encourage one another to become the love of God for the world. Now is a great time to begin a band of your own as we are so in need of encouragement from one another. Also, bands are easy to gather together virtually! For more details about what a band is, visit [www.lhumc.com/groups](http://www.lhumc.com/groups) or [www.discipleshipbands.com](http://www.discipleshipbands.com).