

Sarah's story (interviewed by Steve)

Steve: Sarah, I know because you've just told me this – you had a very 'normal' life but went through a really significant time when you found you had cancer; however you still weren't asking questions about 'life'. Someone still invited you along to Alpha, though – is that right?

Sarah: Yes. This friend would talk to me about God and I'd respect her and listen. Then one day she said, you do believe in God don't you? And I said, not really. I'd been to church when I was little but there was no relationship there; my mum just sent me. But I said I would go to Alpha out of respect for my friend.

Steve: Ok, didn't have any major questions but thought you'd go to be polite to your friend...stumbled into Alpha – that's ok! How did you find the course?

Sarah: Surprisingly, it was good! When I first went I was thinking, I'm a good person, I haven't done anything horrible...I didn't really understand. But as the weeks went by things started to change and people noticed changes in me. Eventually one day I thought, I've just got to go to church.

Steve: So you really enjoyed the course and the discussions that you had, but how has life changed now?

Sarah: It's amazing really... I thought in life you have these goals and dreams that you achieve and I thought, why didn't I ever get fulfilled? Then you look into something else and suddenly this thing that I felt inside (and I didn't know what it was at the time) – it's always with me: the healing and being forgiven. I used to do things like go out drinking with my mates when I was younger and that was fun at the time but I grew up with lots of regrets and mistakes...you think maybe you've met the wrong sort of people. And it had never gone away, this guilt sort of buried. Now it's healed – it's all gone and you know, that is huge. One thing that came on my journey early on was this thing about you have to love God above all and I thought, what??! Nobody beats my Katie! How can I love this thing that might be true, might not be? How can I ever get there? But then one day it came to me: when you feel this much love inside [from God] you just love everyone so much better.

Steve: Just one last thing, Sarah, you've said this has had a massive impact and given you joy and fulfilment – what would you say to people who could be thinking Alpha might be a good place for them to start exploring these things?

Sarah: I would say definitely do it. It's so open, you're free to ask whatever questions you want which was huge for me because I used to have a bit of a thing about feeling silly. I felt very able to ask things without people saying, oh no you're wrong. It's a real gentle process and you'd be missing out if you don't do it.