

The Values of Cell Church

All Involved - Everyone is included and valued. Everyone has a role to play.

Becoming Disciples - Learning to be more like Jesus.

Creating Community - "Being real" with each other - to be honest about the things we go through ourselves and to respond in a loving way to each other. Caring for each other enables us to care for our wider community too.

Doing Evangelism - Being as well as telling good news. Giving other people the opportunity to learn about Jesus (This does not mean bible-bashing!)

Encountering God - Meeting with God It is God who helps us and changes us.

What cell members say

"I've found it to be a relaxed and friendly way of finding out more about my faith" SHEILA BUCHANAN

"It's a great way to develop my faith in a supportive and friendly environment" WILLIAM BALL

Sounds great - How do I join a cell group?

Speak to one of our cell leaders:

Andrea Sluman (Freedom Cafe Cell cell) 471529

Richard Bond with Dawn Davidson and Teresa Stevenson (Wed eve cell at Saxlingham) 578093

Lesley Cox (Wed eve cell at Newton Flotman) 471334

Kate Cakebread with Liz McCrea & Julie King 471356

Vicky Ball with Tamzin Cotterell & Liz McCrea (Alpha with Toddlers) 471506

William Ball with Andy Cox & David Wharton - Tharston on Thursday - 471506

Wayne and Teresa Doman (3LJ for Young Adults with Additional Needs) 471922

Jane Rae (Contact for Emmanuel Group) jane.rae.01@gmail.com

Andy & Lesley Cox (Youth cells on Mon eves) 471334

Cell Life in the Tas Valley



All Involved
Becoming Disciples
Creating Community
Doing Evangelism
Encountering God

Body and Cell - Something for Everyone

The Tas Valley Team Ministry covers the Villages of Newton Flotman, Swainsthorpe, Tasburgh, Tharston, Saxlingham and Shotesham. In each of these villages there is a parish church with services each Sunday. In addition, the team ministry includes a cell church with members from across the entire team. The name comes from the idea that every body has cells which multiply. Cell church is a "church without walls" composed of small groups (6-14 members in each), meeting in people's homes during the week. At the moment, the cell church is the largest church in the team.

Many cell members are also very active members of their parish churches and find that cell life supports them in this. Others would not be part of a church at all if it were not for cells. Cells enable those who cannot get to a Sunday Service to be fully involved in the life of the local church. Cells do the essential things that other churches do. We worship and we pray for each other and our local community. We read the bible and try to put it into practice in our lives. We have fun together, support each other and try to put faith to work in practical service. People who find Sunday worship too formal or structured for them, especially younger generations and those unused to traditional forms of church, often find cells the best way of helping them in their journey of faith. In this way, cells help the Tas Valley Team Ministry to offer "something for everyone" and play their part in help us all to "grow in God's love".

What happens at a cell meeting?

Welcome - time to chat and generally “catch up” over coffee - at some point an ice-breaker question or activity introduces the theme of the meeting. This gives everyone a chance to join in and gives a relaxed feel to the group.



Worship - time to focus on our heavenly Father and draw near to Him, leaving behind the business of our day, and seeking his presence so that He can touch and refresh us and realign our will to his.

Word - we turn to the Bible, often looking again at the teaching given in Church on Sunday. We use discussion and activities to help us understand a passage or a subject better and to find its application to our own lives. This time is very practical and helps us to live out our Christian faith in our everyday lives

Witness - Showing God's love for our friends and neighbours. This includes praying for the needs of others, giving practical help and giving others the chance to get to know Jesus for themselves.

Cells have a lot of fun together - barbeques, bonfires, Traidcraft parties, children's events, youth lazerquest, bowling or cinema. These are great opportunities to invite friends and neighbours who don't normally come to church. Cells also do much of the work for the benefice Alpha courses, which give people the opportunity to learn about the Christian faith. Sometimes we have a worship event called 'The Gathering', when all the cells meet together.