



Soma, like any family, has many parts and is constantly changing and growing up, out and all over.

Our primary way of being the church of Jesus, or his body (*soma*), is as his community on mission. We like to put it this way:
We are a family on mission sent by God to serve our world, continually learning how to walk in his ways.

So Soma is made up of *Missional Communities* that, as they grow, multiply into more and more gospel communities on mission. When a group of Missional Communities, that live in somewhat close proximity, begin to work together to uniquely express the gospel in their area or neighborhood, we call that an *Expression*. An Expression is led by the leaders from the MC's that make up that Expression under the protection and authority, of local elders. These Expressions (made up of several Missional Communities) gather together at different times and in different ways for equipping, worship, training and to jointly serve in their area.

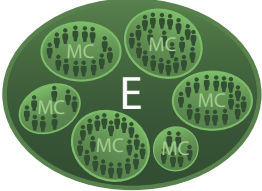
Currently Soma Communities has two large gatherings on Sunday mornings—one in downtown Tacoma and one in downtown Renton. The Sunday gathering in Tacoma is attended and led by the Expressions in and near Tacoma. The gathering in Renton is made up of the Expressions that live in and around Renton.

One more thing... everyone in Soma is encouraged to be part of a triad with two other believers in what we call a *DNA Group*. DNA stands for Discipleship, Nurture and Accountability. These DNA groups (3 guys or 3 gals) meet weekly to share what they are learning, care for one another and bring accountability into each other's lives.

You can read more about DNA Groups, Missional Communities and Expressions online at www.somacommunities.org or attend one of our monthly Soma Life classes held directly following our gatherings.



MC = Missional Community
Missional Communities are the primary way we experience what it means to be God's family on God's mission. We live out our identity in Christ together through rhythms of life that show the world what God is like.



E = Expression
Each Soma Expression is made up of several Missional Communities, led by elders and is uniquely shaped by mission to people who live in their area—they each express what it means to be the church a little differently.



S = Soma Communities
Soma is one church made up of many Expressions, which are made up of many Missional Communities. We are one big family rescued by God's work (in and through Jesus) for God's work (which he empowers us to do by his Spirit).

As disciples are made, missional communities multiply and new Expressions are formed in the Puget Sound region and elsewhere. That's how Soma grows...

Take a closer look at the gospel and how it shapes our lives:
somacommunities.org/soma-life