



Family Member Edition: Family Groups

# THE 5 C'S

## OF RELIABLE RELATIONSHIPS + COMMUNITY

### Commitment || Connection || Communication || Crisis || Celebration

Developed by Lawrence E. Adjah, 5C represents a shared model for relationship building within a community.

**Commitment:** everyone makes a tangible and vested commitment to the group, by membership (paid), and by presence through commitment to your specific group for the season (10-12 weeks)

**Connection:** Commitment to gathering at least bi-weekly (minimum) for the season (10-12 weeks). Virtual gatherings / calls at a minimum.

**Communication:** Commitment to speaking to at least one member of the group weekly (one on one) and all members of the group weekly via any channel – group text.

**Crisis:** Commitment to calling any member of the group that is in crisis (one on one), at a minimum. And it's a commitment of the group to collectively do something (e.g., meal train, show up to funeral, send gift, card) for the group member in crisis. It's also a commitment to share with your group members when you are in crisis.

**Celebration:** Commitment to calling any member of your group that is celebrating a milestone (e.g., birthday, closed deal, new home, promotion, healing from disease, etc.). And it's a commitment of the group to collectively do something for the group member celebrating (e.g., gift, card) It's also a commitment to share with your group members when you have something to celebrate.

While calls are the minimum, for Crisis and Celebration, we encourage all to do what is within your power to support them as you would for a family member.

**Commitment:** People pay for gym memberships and struggle to show up, still, given how important building these relationships are for brothers and sisters, it's important everyone who participates knows everyone who they are connected to has a vested interest in the mission, giving and building this reliable community with them, not simply benefiting from them.

**Connection:** It's for 8-12 weeks. Groups have done their own virtual dinners, movie nights, game nights, Costco and Target runs, distanced hikes and runs, you name it. What doesn't change is the frequency, at a minimum every two weeks, but you can meet as much as you would like beyond that.

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