



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 pledge and by presence through commitment to your specific pair or group for the season (10-12 weeks or quarter/semester for students) [Oct – Dec or Feb – May]

Connection: Commitment to gathering/meeting up at least bi-weekly (minimum) for the season. For remote groups, virtual gatherings at a minimum bi-weekly and monthly in-person for graduate students and monthly in-person with rotating host each month for married groups.

Communication: Commitment to speaking to your pair or to at least one member (or family) of/within your group weekly (one on one) and all members of the group weekly via any channel – i.e., a group text.

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

Celebration: Commitment to calling your pair/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 by you/of the group to collectively do something for the pair/ group member celebrating (e.g., gift, card) It's also a commitment to share with your pair/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. Copyright Lawrence E. Adjah 2022





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Important: Your Pledge: Your Commitment (Expanded Version – All Groups)

[5C] To be covered/cared for by this brother or sister and/or group for the quarter/semester/season according to the principles of 5C (review here):

[Commitment] + I commit to my specific pair/group member(s) for the quarter/semester/season through a pledge (this one)

[Communication] + I commit to checking-in with my pair/group weekly with a phone call (not text) for the quarter/semester/season.

[Connection] + I commit to meeting up with my pair/group bi-weekly (or monthly – married, grad students) (e.g., Food, Fun, Fitness, Friendly Companion) for the quarter/semester/season.

[Crisis] + I commit to caring for my pair/group in a time of crises or sharing with my pair/group in my time of crises (through an individual call & a tangible expression of care)

[Celebration] + I commit to caring for my pair/group in a time of celebration or sharing with my pair/group in my time of celebration (through an individual call & a tangible expression of care)

[Campus Gathering] To attending the monthly Family Dinner meal on/off campus for the quarter/semester/season (if applicable) - a time for community to fellowship and celebrate: Birthdays, Performance, Exams, Big Up your pair/group member in front of the community)

[City Gathering] To attending the seasonal Family Dinner meal for the quarter/semester/season (if applicable) - a time for community to fellowship and celebrate like family)

[Character] To always conduct oneself in an honoring manner, to this end, you are prohibited from interactions with your pair that is or might be perceived as inappropriate (e.g., unwanted advances, flirting, touching or other behavior that may be regarded as sexual harassment).

[Character] To show and be generous with appreciation ("Thank You") whenever your brother or sister or group serves you

[Campus Pride] To doing everything you can to ensuring your rival school does not have more people than you participating in OBKH

