

**vineyard**ottawa

WHAT IS A  
**TRIAD?**



COMMUNITY BUILDING BLOCKS

# WHAT IS A TRIAD?

At Vineyard Ottawa, we value relationship. Small groups (like homegroups and triads) serve as **community building blocks**, and can be such an effective way to build a sense of community and friendship together. So, what is a triad exactly? Simply said, **a triad is a group of 3 men, or 3 women, who mutually agree to meet every 4–6 weeks, as friends, in a casual and relaxed setting.** (Usually around a meal at a restaurant, or a home if preferred).

*Just like homegroups, being in a triad is entirely optional!*

## THE END GOAL:

*“A triad is a safe place to ask honest questions and get honest answers.”*

Of course, this kind of trust and transparency takes time, so the first few months might just be full of chatting and getting to know each other. **Our hope is that triads will be a meaningful way for people to connect on a deeper level.**

## A TRIAD IS:

- **A SAFE PLACE**

What is said in the triad stays in the triad.

- **A PLACE TO BE HONEST**

What areas are you struggling with? When we have trust and friendship, a triad becomes a place to honestly talk about the things in our lives that we need to be working on.

- **A PLACE TO BE KNOWN**

It is a time to get to know each other and ask questions. (Get curious!)

- **SPIRITUALLY SUPPORTIVE**

This is a circle of friends who will pray with and for you.

- **LEVEL GROUND**

It's a place where we are all equal, and can *each* have time to share our heart. Every voice is valuable, no matter where you are in your Christian walk.

- **FUN!**

It doesn't always *need* to be deeply spiritual or serious. There is such value in just being friends and having fun together!

As you can see, a triad can be a rich part of building relational community. Here are some helpful points to clarify what role triads would not play:

## A TRIAD IS NOT:

- **A COUNSELING ENVIRONMENT**

While we will share what is happening in our lives, a triad is meant to be a time of building relationship for all 3 people in the group. Deeper individual needs should be addressed in an alternative counseling environment.

- **A PLACE TO FOCUS ON THE NEGATIVE**

While we all come with wounds, we want to be sure that we keep a culture of honour when we are together. Gossip or excessive negative talk about people or other unhappy church experiences isn't always helpful. Prayer or counsel for deep hurts like these can be arranged in a one-on-one environment.

- **A PLACE FOR 'QUICK FIXES' OR GENEROUS AMOUNTS OF ADVICE**

In our attempt to be helpful, sometimes we offer advice when only a listening ear is what is needed. Be slow to offer a 'fix' for people; instead, listen with compassion and let the Spirit guide your conversation.

- **SOMETHING YOU ARE "STUCK" IN**

Seeing as we are such a new community, we are all just getting to know each other. And let's face it—friendship is sometimes simply about chemistry. We recommend you prayerfully consider who you feel you might 'click' with before forming a triad. If, after a while, you sense this might not be the group for you—even if it's only been one or two meetings—that's OK; you are not obligated to stay in that group. We suggest that you give your triad a time-frame (such as 6 months). At the end of that time, you may choose to continue, or, you may want to dissolve that group and get to know some other people! **These groups are meant to facilitate friendships, not be a 'heavy'.** So remember, while we hope you find these suggestions helpful, there are no rules for how a triad must take shape.

We hope that you'll engage in this community building block and dive deeper into friendship here! Any questions? Talk to anyone on the leadership team.



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# HOMEGROUPS



If you consider Vineyard Ottawa your “home church”, we invite you to connect into a homegroup! **Homegroups are weekly or bi-weekly small/cell groups for adults that meet in a home.** The purpose of a small group is to foster a pastoral and “family” environment where we can share our lives in a more intentional way. Every homegroup is different just like every family is different! Most will have an element of worship, prayer, sharing and/or teaching as part of their structure, but some will be entirely unique. (For example: Alpha, youth or senior ladies’ homegroup.) Child care isn’t provided, but some homegroups may choose to involve children in their dynamic.

**Come talk to anyone on our leadership team  
if you’d like to know more!**