

MINDFULNESS COMMUNITY OF PUGET SOUND (MCPS)

Membership and Pledge Form

Welcome to MCPS! Each new member deepens our practice and brings unique skills to the Sangha. Our community benefits from not only the financial support of its members but from their personal involvement, as well. Below are some activities that support the Sangha and practice center. Please let us know if there is something you would like to become engaged in.

Name: _____

Address: _____ Zip Code _____

Home Phone: _____ **Cell Phone:** _____

E-mail: _____

- I do **not** want my e-mail address & phone number(s) on the membership list available to all members.
- I have received the Five Mindfulness Trainings
- I would like to learn more about the Five Mindfulness Trainings

Individual Pledge Amounts:

- \$55 per month: Our budget requires at least twenty members who are each able to give \$55 per month.
- A monthly pledge *greater* than \$35: \$ _____ per month
- A monthly pledge of \$35 (standard)
- A monthly pledge of *less* than \$35: \$ _____ per month
- I am enclosing an additional one-time gift of \$ _____

Sangha Participation:

I would like to volunteer & participate by helping with:

Practice: Days of Mindfulness Retreats Family Sangha
 Special events Help with weekly practices

Facilities: Gardening Flower arrangement Laundry
 Building Maintenance Library maintenance

Leadership: Board of Directors Practice Committee Website/Communications

Other: _____

Payment Options:

My commitment: \$ _____

- Automatic Payments:** We encourage members to choose this option, if possible, because it helps provide a predictable monthly income for the Sangha and is the simplest for bookkeeping.

Please contact your bank to find out how to have automatic payments made. Have the payment mailed to **Mindfulness Community of Puget Sound, P.O. Box 9332, Seattle, WA 98109**. If your bank requires a phone number, please use our treasurer's number: Heather Rosewarne, (206) 819-0527

- Automatic Monthly Payments from Paypal:** On the Paypal website you can look up Mindfulness Community of Puget Sound. The MCPS Paypal address is hrose.mcps@gmail.com. Please select the option to cover the fees, if possible, so that MCPS receives the full membership amount. If you need assistance, please contact Treasurer Heather Rosewarne, (206) 819-0527.

- Personal Check:** Please mail your check to MCPS (see mailing address above). DO NOT leave checks in the mailbox at Dharma Gate. Please make the check out to MCPS and note on the check which month(s) the dues are for.

- Other arrangements:** Please contact MCPS Treasurer; Heather Rosewarne, 206-819-0527 hroseseattle@gmail.com to make other arrangements for dues payment.