



Application/Renewal of Membership

Membership

Full Membership includes access to all on-site regular classes, internet teaching, the library and the membership section of the website. In addition, members are able to serve on the Board or committees and have a vote at the Annual Meeting. Full Membership is available on an annual basis or on an introductory 10 week basis. The Full annual membership can be paid in a single payment or in quarterly payments, prorated to renew October 1 yearly.

Associate Membership is the same as Full Membership but access to classes is on a fee basis (\$15.00 per class). This membership is for those who live out of town and cannot attend classes regularly.

Donations

We are committed to making teachings accessible, and do so by keeping our membership fees low, teacher payments modest, and through volunteers who run the organization. **Please consider making a tax-receiptable donation and/or providing volunteer support.**

Our Bursary Fund is available for those who need financial assistance to join. Please consider a donation to help others attend classes or retreats.

Our Lama Support Fund provides additional donations to our founder and Spiritual Director.

Volunteer Support helps keep our operating expenses to a minimum. Please let us know how you can provide volunteer support.

You may contribute to either of these two funds on a monthly or annual basis. Please also let us know if you can provide volunteer support.
(Charitable Registration #88918 7449 RR0001).

Waiver

Our courses are based on the spiritual teachings of East and West. There will be some physical as well as mental exercises incorporated into the classes. It is the responsibility of the student to both advise the teacher of any condition that may affect their ability to safely take part in class and also to determine their own safe level of participation. We encourage students to stop as they need.

Please note that all new memberships must be approved by the Board of Directors. Applicants receive all membership benefits (except voting) during the period between application and approval, however they are not officially members until approval by the Board of Directors.

New Membership **Membership Renewal**

Start Date _____

Name _____

Address _____

City _____

Telephone: H () _____ Postal Code _____

Email _____

How did you hear about us? _____

Membership Rates (*see page 2 for Fee Schedule):

- Associate Membership*: \$60 (prorated to renew Oct. 1 yearly)
- Full Membership (one payment)*: \$500 (prorated to renew Oct. 1 yearly)
- Full Membership (quarterly payments)*: \$540 (prorated to renew Oct. 1 yearly)
- 10 Week Membership: \$125 (renewable once)

Single Class: \$15

Initial Drop-in Class to check us out: By donation

Payment Details

Membership Fee	\$
Bursary Fund	\$
Lama Support Fund	\$
TOTAL DUE if paying by cheque or cash	\$
TOTAL DUE if paying by credit card (+3%†)	\$

†3% added to cover fee charged to FOH by Visa, Master Card and Pay Pal.

Method of Payment

Membership	Cheque	Credit Card or PayPal
Single Payment	See schedule	Add 3%
Quarterly Payments	See schedule	Add 3%
Intro (10 wk)	<input type="checkbox"/> \$125 <small>(include all post-dated cheques when applicable)</small>	<input type="checkbox"/> \$128.75 <small>(3% is added to payments by credit card or PayPal to cover service charges)</small>



Card Number _____

Expiry Date (mm/yy) _____

Cardholder's Name _____

Signature _____

FOH OFFICE ONLY

Application taken by: (name) _____

Credit Card Conf. # _____

- Full payment received
 Student Handbook given to member
 Copy to mailing list
 Copy to bookkeeper
 Original to treasurer

"Yes, I subscribe to the values expressed in the Mission Statement and am willing to follow the Member Code of Conduct printed on the back of this page in all my relations with Friends of the Heart. I would like to become a member of Friends of the Heart. I have read and understood the Waiver printed on this page."

Signature _____

Date _____



Fee Schedule for Full and Associate Memberships

At Friends of the Heart, we have one annual membership renewal date on October 1 each year. Members either pay in one payment for the full year or in quarterly payments. The benefit to you as a member is that when you initially join FOH, you will likely pay somewhat less than one full year's membership. The benefit to all of us as volunteers is a simpler membership process to manage.

Your renewal is due or you register in the month of:	Your cost is based on the beginning of the next month	Full Payment (\$500 x # of mths/12)	Full Membership					Associate
			Quarterly Payments Initial Payment	Payment due on OCT 1 (\$540/4) postdated chq/card	Payment due on JAN 1 (\$540/4) postdated chq/card	Payment due on APRIL 1 (\$540/4) postdated chq/card	Payment due on JULY 1 (\$540/4) postdated chq/card	Full Payment (\$60 x # of mths/12)
Oct	11 months from Nov 1	\$458.00	\$ 90.00		\$135.00	\$135.00	\$135.00	\$55.00
Nov	10 months from Dec 1	\$416.00	\$ 45.00		\$135.00	\$135.00	\$135.00	\$50.00
Dec	09 months from Jan 1	\$375.00	\$135.00			\$135.00	\$135.00	\$45.00
Jan	08 months from Feb 1	\$333.00	\$ 90.00			\$135.00	\$135.00	\$40.00
Feb	07 months from Mar 1	\$291.00	\$ 45.00			\$135.00	\$135.00	\$35.00
Mar	06 months from Apr 1	\$250.00	\$135.00				\$135.00	\$30.00
April	05 months from May 1	\$208.00	\$ 90.00				\$135.00	\$25.00
May	04 months from Jun 1	\$166.00	\$ 45.00				\$135.00	\$20.00
Jun	03 months from July 1	\$125.00	\$135.00					\$15.00
July	14 months from Oct 1	\$583.00	\$ 90.00	\$135.00	\$135.00	\$135.00	\$135.00	\$70.00
Aug	13 months from Oct 1	\$541.00	\$ 45.00	\$135.00	\$135.00	\$135.00	\$135.00	\$65.00
Sept	12 months from Oct 1	\$500.00	\$135.00		\$135.00	\$135.00	\$135.00	\$60.00

(3% is added to payments by credit card or PayPal to cover service charges)

Mission Statement

Within all religions is a path that leads to inner peace and engenders wisdom and compassion. Friends of the Heart is a charitable organization that supports this journey. We are committed to providing a safe, wholesome environment where everyone can continue to explore and learn.

Code of Conduct for Members

1. I undertake to train myself to refrain from killing. I will endeavour to promote life, to encourage good and wholesome activities of body, speech and mind in myself and others. I will strive to practise non-harming, to be compassionate in intention and aware in action, so that I may come to exhibit wisdom in this very life.
2. I undertake to train myself to refrain from stealing. I will endeavour to give positive energy and honest encouragement to myself and others. I aspire to give freely to all those who ask for my help.
3. I undertake to train myself to refrain from misuse of sexual energy. I will strive to promote wholesome exploration with the senses. I will respect the vows that I and others have taken.
4. I undertake to train myself not to tell lies. I will strive to promote the path of truth in my speech, my actions and my reflections.
5. I undertake to train myself to refrain from using substances to the point of clouding the mind. I understand that these are ultimately impediments to clear awareness and can cause obstruction on the path of Awakened Compassion, the path to which I aspire.
6. I agree that I will abide by these precepts and by the by-laws of Friends of the Heart and that if my conduct, my fellow students' conduct or the conduct of any teachers for Friends of the Heart becomes a cause for concern that I or others may ask for a hearing before the Board in order to address these matters.