

## MCS Friends Membership Form (Mail-in)

New Member       Renewing member       Update Information

Please complete the following information:

**First Name**

**Last Name**

**Address**

**City**

**State or Province**

**ZIP code**

**Phone Number**

**Email Address**

Annual membership fee is **\$15.00 minimum**.

Mail this form with a check or money order payable to: **MCS Friends**  
**P.O. Box 204**  
**New Lebanon, NY 12125**

In case of financial hardship or if you have any questions, please contact us at 248-301-2283 or email [mcsfriends.org@gmail.com](mailto:mcsfriends.org@gmail.com)

We are a 501(c)(3) nonprofit corporation. Donations are tax deductible.

The MCS Friends Member Contact List includes the first name, state, email and phone number of all current members. The list is sent by email or by postal mail to members without internet access. Please specify in Comments and Questions below if you DO NOT want to be included in the List, or if you prefer to list only your email or phone number.

Comments and Questions: \_\_\_\_\_

- Member benefits include:

- self-help support group calls
- educational teleconferences
- periodic newsletter

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**BEFORE MAILING THIS FORM WITH YOUR DONATION, PLEASE REVIEW THE *GUIDING PRINCIPLES AND GUIDELINES FOR PARTICIPATION IN SUPPORT GROUP CALLS* ON THE FOLLOWING PAGES.**

### ***MCS Friends Guiding Principles***

- 1) MCS Friends is a support group, providing members with information, emotional support and opportunities for socializing, as well as educating the public about MCS.
- 2) We act together to maintain the sanctity of our organization. Our common welfare comes first.
- 3) As a support group, we promote politeness, harmony and cooperation among members. Behavior that is disruptive, antagonistic, or disrespectful is not tolerated.
- 4) We find unity in our diversity. We respect the cultural, religious and political views of all members and refrain from imposing our own cultural, religious or political beliefs on others.
- 5) We are not affiliated with and do not lend our name to any other organization or activity.
- 6) With no defined cause of MCS, no case definition or cure at this time, any information about various medical treatments is shared by members based on their personal experience rather than by medical practitioners.
- 7) While the cause of MCS is not psychological, psychological issues can make the condition better or worse, depending on one's reaction to the condition. Members are accountable for and self-monitor their behavior.
- 8) Members observe, protect and maintain confidentiality regarding all members, and do not share the conference call phone number and access code with nonmembers.
- 9) The use of the conference call phone number is for purposes approved by MCS Friends only and is not for personal use of members.
- 10) The protocol in the case of any grievance in the membership is to first communicate with the person with whom you have a grievance. If the situation is not resolved, bring the matter before the Executive Committee to be aired and resolved.
- 11) Failure to follow the principles and guidelines adopted by MCS Friends may result in termination of membership after prior written warning.

### ***MCS Friends Guidelines for Participation in Support Group Calls***

Members are encouraged to give and receive support by participating in support group calls. Following are guidelines for participation:

- 1) Be on time.
- 2) Announce yourself with your first name and state.
- 3) Follow the directions of the call facilitator.
- 4) Mute yourself.
- 5) Be aware of time limitations so all callers have an opportunity to participate.
- 6) Be prepared to take notes if necessary.
- 7) Be prepared with your concerns/questions.
- 8) Be considerate to the end.