

**NAME**

WS Message 4-26-2020.mp3

**DATE**

April 29, 2020

**DURATION**

32m 43s

**START OF TRANSCRIPT**

**[00:00:00]**

The following is a message from Wellspring's congregation.

**[00:00:05]**

Can you guess?

**[00:00:17]**

When I lost my money. I lost my friends.

**[00:00:26]**

And they said we'd be.

**[00:00:30]**

Vows to the end, I had some money.

**[00:00:39]**

In my face, they did grin. But gone was gone was my friends and friends. Where did they go?

**[00:01:01]**

I have my friend forsaking, me, when I had some money.

**[00:01:13]**

In my face, they did grin.

**[00:01:17]**

But gone was my money, Gone was my friend.

**[00:01:26]**

Money and friends

**[00:01:33]**

I think my first friend was my dad. I have amazing memories of him pulling me on the sled through the snow in the winter. Going to the movies, just the two of us rehabbing houses and just hanging out. From the time I was about five years old to the time that I was 10, which is about the time when I began to individuate from the family, when I just started to develop my own sense of who I was. And I started developing really my own friendships that.

**[00:02:16]**

Last until this day.

**[00:02:19]**

My dad's view of friendship expressed in the Money in Friends song was or is kind of cynical. I have a very different view of friendship and how I think about friends. I think there is no greater honor that can be bestowed upon someone than the call them a friend. We're born into our families, so at least as far as we know. We don't choose them, but we pick our friends and they pick us. And this may sound corny, but our friends complete us. They are as much a reflection of who we are as who we want to be.

**[00:03:09]**

They define and push us. They defend us. They can frustrate us.

**[00:03:18]**

But they also love and understand us in ways our families usually are unable to.

**[00:03:26]**

I think that every day we wake up. We recommit to our friends.

**[00:03:35]**

As we come to the end of the Message series on friendship. I wanted to take you all on a journey through some of my personal friendships and how they connect to the message I call the music of friendship. In December 1975, a kid's TV show premiered on one of the Saturdays. And the show was out of the mind of Sid in Marty Krofft. The people who bought you the banana splits and Land of the Lost and a lot of those shows from this late 60s, early 70s. I know Ken loves those shows. Ken, I do, too. But there was one that always stood out for me, and that was the show Sigmond and the Sea Monster. And it's the story of a sea monster who's kicked out of his family because he doesn't know how to scare people. And as he goes out into the world, he meets these two kids and they become friends. It's important to note that the pilot episode did not have the song friends, but it was the theme song for subsequent episodes. And I think it really defines what friendship is all about when you're twelve.

**[00:05:11]**

Nothing like a day out on the beach when all it does is Rain.

**[00:05:17]**

You need some body else to make the sun come out again. And when you find that special someone, you never expect it to. It'll make you.

**[00:05:33]**

And magic, things the sun come out for you talkin' bout, friends, friends, friends, knocking at your door. Friends, friends, friends. That's what friends are for. Friends wno't let you down. Everybody needs friends, friends, friends. Knocking at your door. Friends Friends that were friends are for friends won't let you down.

**[00:05:56]**

Everybody, friends, friends, friends, everybody, needs friend. That's right. And everybody's got a friend, Friend.

**[00:06:09]**

Anthropologist Robin Dunbar theorizes that there was no limit to how many friends a person can have in general. Most people have one hundred and fifty friends. Fifty good friends. Fifteen close friends and five intimate friends. I would add that it's not about the numbers. It's about the quality of those friendships. The connection. The Buddha says that there are four types of desirable friendships. The first one is the helper. The person can be identified by four things. Protecting you when you are vulnerable. A refuge when you're afraid. And in various tasks, providing. Double what is requested. One who is always there to give aid when needed and one who asks for little or nothing in return. They will always protect you and show you the way. Even when you are lost or need guidance.

**[00:07:25]**

I met Mark.

**[00:07:27]**

H.

**[00:07:29]**

When I first moved to Yaden, he lived down the street for me literally, but six apartments down from the house that I grew up in. And I was kind of a sort of a popular kid on the block because my parents house had a very large backyard. So all the kids wanted to come over because we could play kickball or football or basketball. There was enough room where you could really run around and have a and and play a game. Mark, though, and I shared a very special connection and that we both had a passion for music. Mark and I started or played together in my first band that I was ever in called Rip Cage, which he and I started with a friend of his name. Mark C, Mark C went on to some critical acclaim in a local heavy metal band called Chasten. Mark and I recorded the first piece of music that I ever recorded, when I say first, I mean like on a little cassette recorder, it was this little piece of music that he and I composed together where he's playing guitar and I'm playing this little synthesizer that I built from scratch. Mark had a friend named Troy and Troy, and I would at one point in our friendship, have a band together, but it wouldn't be till after high school. But Troy was always there and he was in some ways the helper QB who's always looking out for me. My earliest memory of Troy is. My mom coming out of the house and seeing him throwing me around the front yard and. Why are you beating up my son and Troy going? I'm not beating him up. I'm teaching him to fight.

**[00:09:25]**

On.

**[00:09:28]**

A Sunday in 1975, not too long after I started my first band with Mark C. and Mark H. My dad handed me something that would change my life. I remember it was sometime around five thirty in the afternoon. He handed me a ticket to a show. It was to see Queen at the Tower Theater. So not only was I going to see Queen and not only were they performing. Bohemian Rhapsody for the first time. But the entire Night at the Opera album. I was going with my two friends that I was in a band with. And. For any of you who are from the area who know the Tower Theater back in

the day, it was a very intimate theater and it had seats and of the way it's set up now, where there's where it's standing room and there were no bad seats on the floor. And I think we were sitting probably dead center maybe like in the 20th row, 15 throw perfect view. You know, not that far from the soundboard. And I have this vivid memory of scene of Queen performing that. That show is just amazing. And to be there with my friends was the coolest.

**[00:10:52]**

And that night at the show, Queen played a song that I think is a little bit more mature, a look at friendship than the friends song from the segment in the C, much to show. And for any of you who saw the movie Bohemian Rhapsody, you know, Freddie wrote this song about someone that was his best friend.

**[00:11:26]**

You make me live, whatever this world can give to me, I got you all I see. Ooo You're making me live now honey. Ooo You're making me live. Oh, you're the best friend, that I ever had.

**[00:11:49]**

I've been with you such a long time.

**[00:11:52]**

You're my sunshine.

**[00:11:54]**

And I want you to know that my feelings are true. I really love you

**[00:12:04]**

My best friend. Oh, you're my best friend, Oo, you're my best friend.

**[00:12:17]**

The second type of friend the Buddha talks about is the enduring friend.

**[00:12:24]**

They can be identified by four things.

**[00:12:28]**

By telling you their secrets. Guarding your secrets. Not abandoning you during misfortune. Maybe even dying for you. The friend who stands by you through every event in your life and walk with you always. The enduring friend does not pass judgment, but is simply there through it all for you.

**[00:12:58]**

From graduation of high school to my thirties there, the number of important people in my life grows. But my high school friendships don't end. Actually, they deepen. And my friend Susan is introduced to the group. So is Josh. There are two Rachel's. And the thing that really connects us all that really keeps us all together is our love of music, art and film and just being creative. Scott ended and I ended up being roommates. We got an apartment in South Philly. When I started school at You Arts, Scott was going to Temple where he met Josh and Rachel.

**[00:13:55]**

I knew the other Rachel. She was my girlfriend at the time. And we. She was also going to temple. And they all had classes together and we had an apartment and they all come back and hang out at our apartment. And of course. Mark. Kay and Bill and Mark's brother, Ted, also would come over and it was this extension, this growth of the number of friends of that and all of those friends are still with me.

**[00:14:27]**

For the most part, with one exception to this day, sadly.

**[00:14:34]**

Mark had his demons and he. Lost his life. On my birthday. Three years ago. This is a picture here of all of us celebrating his life. With our with some of our partners there, Scott. Over in the corner and Susan and she's there with Marcelo, who is her husband, and Scott's there with Jackie Troy's in the background. I'm in the foreground and there Sally next to me and and my friend Bobby, who was in a band with Scott nine. Mark is over there next to Susan and.

**[00:15:20]**

Yeah, we missed Mark. And I think the song that really. Symbolizes that period of my life.

**[00:15:30]**

Those, uh, those 20s, the 30s is Elton John song about friends.

**[00:15:37]**

And we're going to do that one right now.

**[00:15:42]**

They will be a light a highway

**[00:15:48]**

Friends are found on every road.

**[00:15:55]**

Can you ever think of any better way?

**[00:16:01]**

For the lost and weary traveler to go.

**[00:16:08]**

Making friends for the world to see.

**[00:16:16]**

Let the People know you got what you need with their friend that hand, you will see the light.

**[00:16:27]**

If your friends than everything's alright. If you're friends, then everything's alright.

**[00:16:44]**

And that was my thirties.

**[00:16:46]**

My friends were there and through all of the craziness of trying to figure out how to turn and how to grow up into an adult.

**[00:16:57]**

And.

**[00:16:59]**

They were there the third quality of a friend.

**[00:17:05]**

The Buddha says is the mentor. And the mentor can be identified by four things, by restraining you from wrongdoing, guiding you towards good actions, telling you what you ought to know and showing you the path to the heavens. This type of teacher or parent caregiver, someone who teaches through love, kindness and their own actions and compassion. This person has the most patience with you and truly wants to set an example.

**[00:17:44]**

During my first year college, I went to University of the Arts. I was a little bit older. I'd taken a couple years off. I'd played in a bunch of bands, hung out in New York a lot. And so I started college. When I was 19. During that first year I met in my English class, I met the cultural critic, New York writer Kumail Polya. And Camille and I became friends and I'd maybe an odd friendship of a 19 year old freshman and 40 year old teacher who had just moved to Philadelphia to teach you arts from teaching at an Ivy League school. But I connected. She was the first teacher I ever had that made me realize that there was really art in pop culture, that that the people creating the stuff. There were some people who were taking it very seriously and had a knowledge and a breath of history. And I was eager to soak it all up. Not too long after I started school, though, I got a manager and an investor and I was on my way to having a music career. And I asked Dr. Polya if he would mentor me. And she did for about four, four or five years.

**[00:19:16]**

But the one thing she said to me was that I was not in touch with myself, that I was sort of disconnected and.

**[00:19:26]**

So and I was getting some of the same things from some of my friends that just said I was I was not in a good space, and so I talked to Rachel, my girlfriend, at the time, and I she talked to her mother, who talked to one of her friends who recommended Elizabeth.

**[00:19:44]**

And Elizabeth has become and is the mentor of my life. We have been together. Since our first session in nineteen eighty eight, and she is one of the biggest driving forces and one of my closest and dearest friends and has just been there with me through every thing from. The passing of my mom to. Everything. Who I am today.

**[00:20:21]**

And she's been a guiding force in and all of that. So the song that I think of when I think of.

**[00:20:30]**

Elizabeth is James Taylors. You've got a friend.

**[00:20:41]**

When you're down and troubled and you need helping hand.

**[00:20:56]**

And nothing, no nothing is going right.

**[00:21:08]**

Just close your eyes and think of me and soon I will be there.

**[00:21:13]**

To brighten even your darkest nights.

**[00:21:23]**

You just call out my name. And, you know, wherever I am, I'll come running.

**[00:21:38]**

To see you again. Winter spring summer or fall.

**[00:21:50]**

All you gotta do is call and I'll be there.

**[00:22:00]**

You got a friend.

**[00:22:15]**

September 2013, I made a new friend and her name was Sally, sort of the story of how Rodney Met Sally.

**[00:22:30]**

And it wasn't long after meeting Sally.

**[00:22:33]**

It was September, December of 2013. Sally brought me to Wellsprings.

**[00:22:44]**

They say it is unlikely that you meet new friends as an adult, particularly when you're in your 50s.

**[00:22:53]**

But by walking through the doors at Bell Hall.

**[00:22:58]**

I made to the 300 friends. It didn't all happen once. But. And it's not all the same level of friendship. But.

**[00:23:15]**

This community and the connection of this community is so, so important to me and the friendships that I have developed and.

**[00:23:30]**

Been lucky enough to be part of over the past five, six years.

**[00:23:37]**

Really mean a lot to me. And particularly during this corona virus pandemic and how we're all shut in and.

**[00:24:05]**

I was still able to connect. Is so, so important to me. You know, over the past couple of weeks, my friendships have deepened with members of the community. You know, I'm in the band, but I am the last member to join the band.

**[00:24:30]**

And, you know, we usually just see each other on Sunday morning, we get together early and rehearse and there are clearly some friendships that are developed. I feel really connected. Everyone that's in the band. But over the past couple of weeks, I've been talking to everybody more as since. I'm the person that's been editing this message together and putting helping put the music together in this new way we're doing. Wellspring's. And I've gotten to know people just a little bit better.

**[00:25:02]**

And Reverend Lee and I sometimes speak six times a day literally just in putting this message together. And so last Sunday was the first time since we've been in shut lockdown that I've actually watched the message with everybody because I added it during the week. And so I get to see all of it and I get to see it a lot. So I get the message and everything. But sitting there and front of the computer and watching it, it just felt like I was there at Bell Hall with all of you. And I was and I felt the warmth and the smiles that we couldn't I couldn't see, but I felt them. And looking at the chat that was on the side of the screen and it.

**[00:25:55]**

Really warmed my heart and really strengthened my connection to all of you. But what I have to say, it's it's in our it's in our DNA. If you look at the Wellspring's DNA, there's two. Things that popped out to me that really speak to the quality of the friendships that we cultivate here and honor our relationships.

**[00:26:27]**

We will be accountable to each other. We'll treat each other with respect, kindness and compassion. We will receive, give and share gratitude and recognition eagerly. We will acknowledge the conflict. Is necessary for authentic relationship. And we will work through conflict with honesty, empathy and openness. We also will listen deeply. We will strive as individuals and as a community to listen deeply with humility and vulnerability. Woo! Woo! We will honestly evaluate where we are and hope our courage and hope have courageously going where we are called to be. We will be open to the ongoing evaluation of our vision, mission, beliefs and commitments as our community changes and grows. The last quality that Hooda talks about is the compassionate friend.

**[00:27:35]**

And that can be identified by four things. By not rejoicing in misfortune. But the lighting in your good fortune, preventing others from speaking ill of you and encouraging others with praise and good qualities. The person showers you with love and praise and happiness, regardless of the times they are there to hold your hand and support you through everything they express their love for you through words, actions and physical touch.

**[00:28:09]**

And I can't think of a better manifestation than that than the Wellspring's community.

**[00:28:21]**

I think it's no surprise or it's kind of.

**[00:28:27]**

Serendipitous, fortuitous that the one of the few songs that I sing with the Wellspring's band is a little help from my friends, the Joe Cocker version.

**[00:28:42]**

So those lyrics that the Beatles came up with are so.

**[00:28:51]**

Right on with the message, the music of friendship, right down to the fact that it's about a guy in a band who doesn't think he's all that good, but he makes it work because he got his buds with him, backing him up and playing. And so I'm going to end with just a little bit of a little help from my friends.

**[00:29:33]**

What would you do if I sang out of tune, would you stand up and walk out on me. Lend me your ears, and I'll Sing you a song.

**[00:29:51]**

I will Try not to sing out of key, you know.

**[00:30:04]**

I get by with a little help from My friends, my friends.

**[00:30:22]**

I do.

**[00:30:26]**

What Do I do when my love is away? Does it worry you to be alone

**[00:30:37]**

How do I feel that the end of the day, are you sad because you're on your own.

**[00:30:47]**

No, I get by with a little help from my friends. High with a little help from my friends, Try with a little help from my friends

**[00:31:17]**

So in good times.

**[00:31:21]**

In bad times. Remember that your friends are as close as a phone call or an email recalling a memory or just. Just thinking about them. That you're part of this community that values and supports friendship.

**[00:31:48]**

Will you pray with me? God of our understanding. Thank you for the people. You have put in our lives. The

connections. The friendships. Thank you for the joy. The meaning and the purpose. That those connections bring. All the love in my heart. And the love for this community that we all share.

**[00:32:27]**

Say Amen.

**[00:32:31]**

If you enjoy this message and would like to support the mission of Wellspring's, go to our Web site, Wellspring's you you dot org. That's Wellspring's. The letters you you dot o, R.G..

**END OF TRANSCRIPT**



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