

## What is Time Banking and how does it work?

*Time Banking is an organized network of service between community members that satisfies unmet needs.*

Everyone has some talent or skill that can be shared with others. Using the Time Bank database, community members can post and search for services and connect with one another. One hour of service equals one Time Dollar, which is deposited into the Time Bank for future use. Members can spend the Time Dollars they have earned to “purchase” a service from any other member.

For example, you helped Mrs. Smith with yard work for 3 hours last week. With 3 Time Dollars in the bank, you decide to look for a math tutor. You notice Brian’s listing offering math help in the database, and arrange a time to meet by email. After an hour of tutoring, Brian has earned a time dollar and you now have 2 Time Dollars left to spend elsewhere.

It’s that simple.



*A user friendly website makes it easy to exchange services with different members.*



## Time Banks: Community Through Exchange

### Interested in joining?

Contact: Jackie Parkins  
Lewisburgtimebank@  
Gmail.com  
(570) 524-2100 ext 110

### Want to learn more about Time Banking?

Visit: [www.timebanks.org](http://www.timebanks.org)  
or  
[www.lewisburgtimebank.  
blogspot.com](http://www.lewisburgtimebank.blogspot.com)



A Community Based  
Economy of Reciprocity





## Why does Lewisburg need a Time Bank?

The Time Banking philosophy is not a new invention. Car pooling, child care sharing, and other forms of neighborly exchange have always been around.

But, during economic downturns, such arrangements become increasingly vital and help to offset changes in finances or lost income. There is no better time than today to organize a Time Bank in the Lewisburg area.

Additionally, Time Banks help fulfill the unmet needs of those members of society that often fall through the cracks. Pride keeps many people from seeking out help, but Time Banks operate on a give and take principle. Time Dollars are not handouts; they're the currency of reciprocity.

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*Lewisburg has an active community of engaged citizens that would greatly benefit from a Time bank.*

## Why should YOU get involved?

Time banking is a unique and efficient way for individuals to receive vital services that they may not be able to afford to pay for traditionally, without the stigma of receiving charity, as they are able to pay it back or forward. Even in the hardest of times, everyone is able to give something of themselves to others and also be rewarded for their kindness. Through this network of caring people, an actively supportive community can be created so that people with needs can get help from people with time and skills, and in turn provide time and skills to others in need.

This is a volunteer opportunity where everyone involved truly benefits. Rather than simply delivering services down a one way street, time banking helps to build relationships between neighbors you never knew you had and foster a collaborative environment where the best way to get is to give.

But for most people, the best reasons to time bank are simple: Because you want French lessons in exchange for helping someone paint their fence. Because you could get your car fixed by running a poetry workshop. Because spending an hour with a senior citizen in a nursing home means you won't have to mow your lawn this week. It's just that easy.



## How You Can Help

### Become a Member

Share your time and skills and get something in return. Volunteer as a group with your family. It is a great opportunity for families to spend quality time together.



*Everyone has a lot to offer to the community.*

### Support Our Time Bank

Encourage your friends and family to learn about time banking and become members. Brainstorm ways your business or social groups could contribute to the community and then put those plans into action. Time banking is not limited to individuals!

### Spread the Word

Tell everyone you know about this effort. We need all the help we can get during these early stages.