



Five Core Values

All around the world, TimeBanking promotes five core values. These are the basis of any service exchange system like the **Onion River Exchange**:

Assets

We are all assets.

Every human being has something to contribute.

Redefining Work

Some work is beyond price.

Work has to be redefined to value whatever it takes to raise healthy children, build strong families, revitalize neighborhoods, make democracy work, advance social justice, make the planet sustainable. That kind of work needs to be honored, recorded and rewarded.

Reciprocity

Helping works better as a two-way street.

The question: "How can I help you?" needs to change so we ask: "How can we help each other build the world we both will live in?" Everyone gives as much as they receive.

Social Networks

We need each other.

Networks are stronger than individuals. People helping each other reweave communities of support, strength & trust. Community is built upon sinking roots, building trust, creating networks. Special relationships are built on commitment.

Respect

Every human being matters.

Respect underlies freedom of speech, freedom of religion, and everything we value.

Respect supplies the heart and soul of democracy. When respect is denied to anyone, we all are injured. We must respect where people are in the moment, not where we hope they will be at some future point.