

# FOUR WINDOWS OF TIME

Join Human Agenda and the National Take Back Your Time Movement between Labor Day and October 24 to select four windows of time for your self, your family, your friends, your community, your civic life, and a more relaxed and meaningful job. Take Back your Time!

Silicon Valley is the poster child for an alarming trend in the United States: long hours of “exempt employees”, long hours to “make a fortune”, or long hours simply to pay the rent. Let’s not fool ourselves. October 24, Take Back Your Time Day, reminds us that:

- The nine weeks from October 24 to December 31 are an additional nine weeks in the US that the average European, with reduced hours, doesn’t work at all.
- October 24, 2005 marks the 65<sup>th</sup> anniversary of the Fair Standards Labor Act enactment of the 40 hour week. The 40-hour week? Hah! We need to launch a **campaign for the 40-hour week** that will allow us to work on living instead of consuming or that will allow low-wage workers to live from 40 hours of income.



- The US is the only industrialized nation out of 28 that overworks its employees in the name of productivity, “economic growth”, and consumption. Instead of a “better standard of living” we need to live better, by taking the time to care for ourselves, our families, our friends, and our communities.
- The US is the only industrialized nation with no mandatory vacation laws, no mandatory sick leave, no paid family leave, and no national health care system. This combined with overwork leads to high levels of obesity, created illnesses, stress, and alienation of millions from ourselves, our families, our friends, our communities, and our higher beings.

JOIN Human Agenda and Take Back Your Time to re-create balanced and meaningful lives. When elderly are asked how they would have lived their lives differently, they never respond “I wish I had worked more!” They lament the lack of time to enjoy themselves, their families, and their friends; the lack of time spent in solidarity with their communities and helping others.

**MY PERSONAL PLEDGE – FOUR WINDOWS OF TIME**  
**(IDEAS ARE AT THE BOTTOM)**

Write down four actions that you commit to in the next weeks right here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**TELL US HOW YOU TOOK BACK YOUR TIME**

**1. BRING YOUR IDEAS TO THE HUMAN AGENDA ROUNDTABLE MON. SEPT. 12**

Come to the Human Agenda Roundtable on Monday, September 12 to decide on your four windows of time or share them with a friend. The meeting will take place at 6:15 PM at the Northside Community Center, 488 North 6<sup>th</sup> Street in San Jose. Then come to the October 10 Human Agenda Roundtable (we will also be reviewing propositions on the Fall ballot). At the October 10 Roundtable we will ask you to graphically represent one or more of your activities on a star—bring a photo for the star or draw a picture on the star that evening.

**Human Agenda** is a vision and practice 501c3 committed to love and loving relationships using knowledge and social justice to meet our human needs within balanced lives. Human Agenda divides its public meetings in two parts. With *Vision in Practice* Human Agenda focuses on 7 areas within a human needs vision: sustainable wages, housing, globalization, campaign reform, universal health care, education reform, and food security. With *Sane & Humane*, Human Agenda works to sustain our humanity and our activism through an ethic of love, balanced lives, conscious consumption and living, and new indicators of individual and social success.

The stars will be used for an Oct. 24 press conference kicking off a CAMPAIGN FOR THE 40-HOUR WORK WEEK IN SILICON VALLEY.

**2. OR EMAIL YOUR PLEDGE OF FOUR ACTIONS & REPORT ON THEM LATER**

After you take your Four Windows of Time, we'd love to **hear from you about your experiences**. What did you do? What did you learn from the experience? Will you try to continue this in the months ahead? We want to hear from you about your stories and experiences.

Also, **we'd like to know how many hours you took back**. We will compile people's stories and total number of hours that people all across the U.S. took back this fall.

EMAIL YOUR FOUR WINDOWS OF TIME PLEDGED ACTIONS TO THE SECRETARY OF HUMAN AGENDA, HIEU NGUYEN AT [hnguyen2003@yahoo.com](mailto:hnguyen2003@yahoo.com). WHEN YOU HAVE COMPLETED YOUR FOUR ACTIONS EMAIL BACK YOUR EXPERIENCES AND HOW MANY HOURS YOU TOOK BACK, ALSO TO HIEU NGUYEN.



### **IDEAS ON HOW TO TAKE BACK YOUR TIME**

(many of us have forgotten how)

**PERSONAL:** WRITE A LETTER TO AN OLD FRIEND • SHARE A PERSONAL THOUGHT OR FEELING WITH A LOVED ONE • TAKE OFF YOUR WATCH FOR A WEEKEND • NO TV FOR A WEEK • CALL AN OLD FRIEND • SEEK OUT A SPIRITUAL EVENT OR MOMENT • CATCH UP ON YOUR SLEEP • WORK OUT SLOWLY AND DELIBERATELY • DO SOMETHING PERSONAL YOU CAN'T SHARE PUBLICLY •

**FAMILY:** VISIT A NEW PARK • DO A JIGSAW PUZZLE TOGETHER • TELL SOMEONE YOU LOVE THEM UNCONDITIONALLY • COOK SLOW FOOD TOGETHER • TAKE A CHILD TO A PARK • SPEND TIME WITH YOUR PET • GO TO A PARK AND PLAY • CUT OUT ONE ACTIVITY FROM YOUR CHILD'S SCHEDULE

**FRIENDS:** TELL A JOKE • READ POETRY ALOUD • INVITE AN OLD FRIEND TO YOUR HOUSE FOR A MEAL • READ A BOOK AND SHARE IT WITH A FRIEND • CALL OR WRITE TO AN OLD FRIEND

**COMMUNITY:** SPEND 1-2 HOURS IN A PUBLIC LIBRARY • PHOTOGRAPH THE BEAUTY AROUND YOU • HANG OUT IN A BOOKSTORE • ASK AN ELDER ABOUT HIS / HER LIFE • BE A BIG SISTER / BROTHER • ASK YOUR BOOKSTORE TO DISPLAY THE TAKE BACK YOUR TIME HANDBOOK

**CIVIC ENGAGEMENT:** WALK A PRECINCT WITH ANOTHER • HOLD A HOUSE PARTY TO REVIEW BALLOT MEASURES • READ A BOOK ON CIVIC ENGAGEMENT BY KING OR GHANDI • OBTAIN AN ABSENTEE BALLOT

**WORK:** TAKE A BREAK • TAKE A FULL HOUR FOR LUNCH WITH A CO-WORKER • REFLECT ON YOUR WORK-LIFE IMBALANCE • ENCOURAGE REDUCED WORKING HOURS • TAKE OFF OCT. 24 AND DO NOTHING • SUPORT A SUSTAINABLE WAGE CAMPAIGN SO LOW-WAGE WORKERS CAN HAVE A LIFE

THE ABOVE ARE SUGGESTIONS ONLY.

