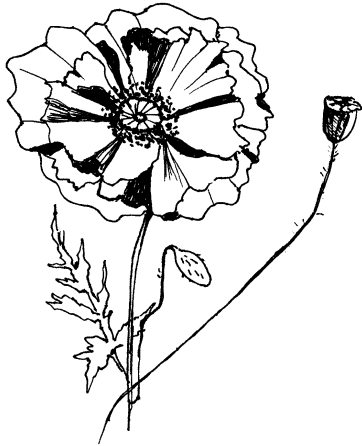


What does it mean -



The petals of this poppy flower are protecting the seeds.



Towards the end of summer the petals die back so that the seed case is exposed to the wind.



The seed cases are like pepper pots. As they blow in the wind the seeds are shaken out ready to grow into new plants.



The beautiful petals make this sacrifice so that new plants can be produced. They do not benefit from this themselves, but the whole poppy family does.

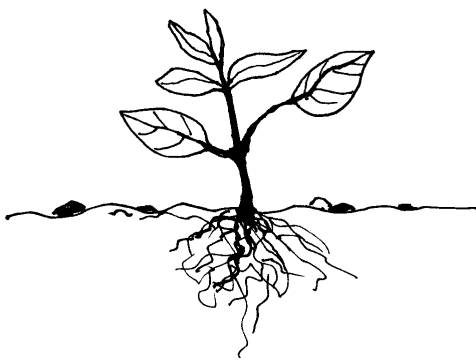
Sacrifice?



This apple has become ripe and fallen to the ground. The tree has given it up to be eaten by insects and to rot into the earth.



After the apple has rotted the seeds remain. Their cases are broken down by water and insects.

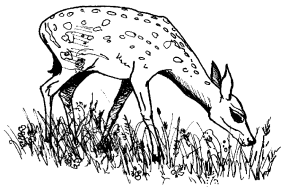


Eventually a new plant grows. Both the apple and the seed have ceased to exist.



From the sacrifice of the apple a new tree is produced. Many people, animals and insects benefit.

At every level of life the creature that makes the sacrifice does not understand the good that comes from it. These creatures do not willingly give up their lives, but are blindly following a law of nature.



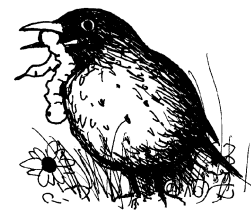
The blades of grass are giving this deer life. But they have no way of understanding the life of the deer, and its joy in jumping and running.



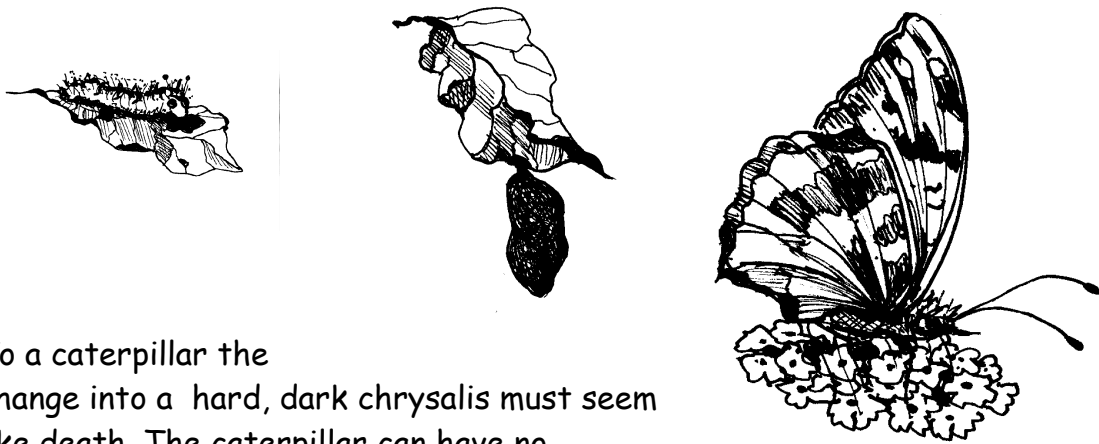
The seed under ground has no way of knowing that by giving itself up it will allow a plant to grow in the sunshine and fresh air above the ground.



The insect does not know it is giving life to this frog, allowing it to leap in the air and swim in the water.

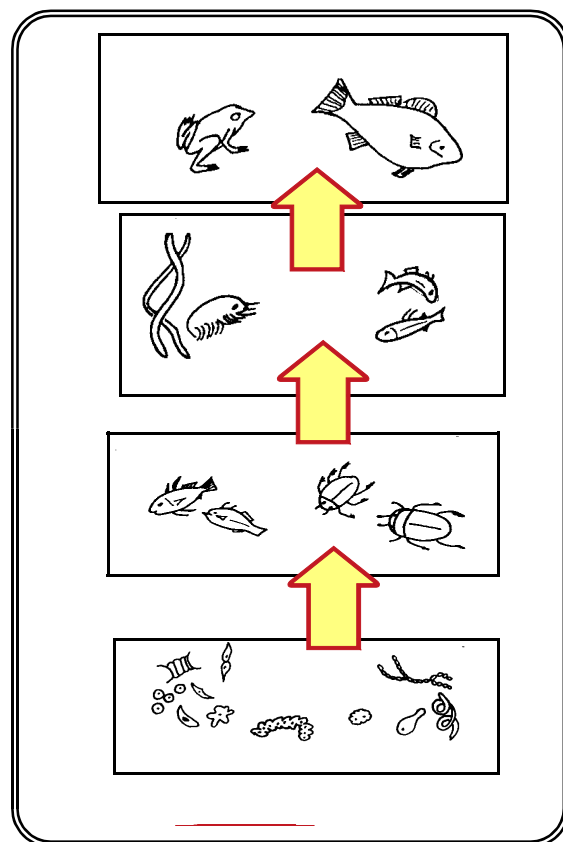


The worm and the mouse know nothing of the world of flight. They give their lives, allowing the birds to fly freely through the air.



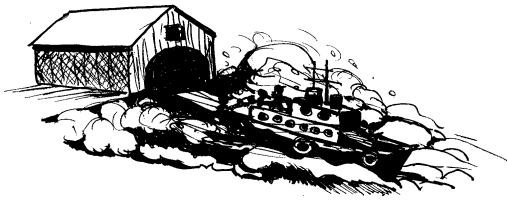
To a caterpillar the change into a hard, dark chrysalis must seem like death. The caterpillar can have no understanding that it will one day break out and become a beautiful flying creature.

In nature, every living thing exists because of the sacrifice of something else.



Animals and plants do not think and make decisions, but people do. They always have a choice about how to behave.

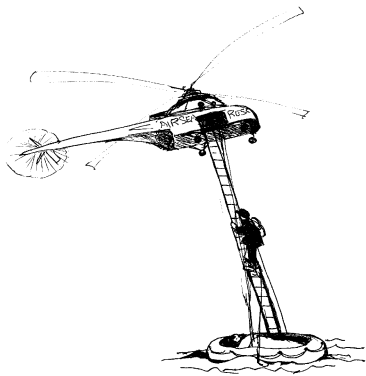
Many people make sacrifices, but some make very big ones. They give their time and their money to help others. Some will even risk their lives.



This lifeboat is being launched to rescue the crew of a sinking ship. Sometimes lifeboat men go out in very rough seas and risk being drowned themselves.



Firemen often risk their lives to save people trapped in burning buildings..



Here a man is being lowered from a helicopter to lift an injured person on a stretcher and take him to hospital.



This mountain rescuer has climbed down a very steep cliff to lift an injured climber to safety.