



# Life Saving Duty

By Ian Menzies

Every air flight has a version of the pronouncement, *"if the air pressure in the cabin fails, oxygen masks will fall. If you are travelling with a child or someone who requires assistance, secure your mask on first, and then assist the other person."* This might seem a tad selfish to those who regard service to others as sacrosanct, but it is actually very sensible as it ensures the helper remains able to assist. Such self-protection is not selfishness;

rather it is a logical step that enables selflessness to occur. Sometimes we focus on *'the neighbour'* in Jesus' great commandment to *'love your neighbour as yourself'* and ignore the implication of care for oneself on which it is based; the standard for treatment of the neighbour is measured by the standard one applies to oneself. Self-care is not an option in the commandment nor in the aircraft crisis; rather it is our life saving duty.

## Reflection:

*Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood.*

Acts 20:28