



Support Groups for Mental Health and Personal Development.

GROW NZ NEWSLETTER

October-November 2022



Be the master of your time- The Journey Book pg 34

GROW NORTH ISLAND CENTRE
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GROW SOUTH ISLAND CENTRE
22 MANSE STREET
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DUNEDIN 9016

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GROW N.Z. INC. NORTH ISLAND CENTRE

Office Hours: The Grow Centre is currently closed.

Please direct any enquiries via phone, call or text, email or website

Street Address:

97 St Lukes Road
St Lukes
Auckland, 1025

Postal Address:

P.O. Box 41-051
Mt Roskill
Auckland, 1440

Phone (09) 846 6869 or 021 049 1360

Website: www.grow.org.nz

Centre: auckland@grow.org.nz

National Team: national@grow.org.nz

The Centre is accessible by public transport and is very close to St Lukes Mall.

GROW N.Z. INC. SOUTH ISLAND CENTRE

Office Hours: Wednesday, 1:00pm – 5:00pm

Street Address:

22 Manse Street
Dunedin Central
DUNEDIN 9016

Postal Address:

C/- Room 4
22 Manse Street
Dunedin Central
DUNEDIN 9016

Phone/Fax (03) 477 2871

E Mail 2growdunedin@gmail.com

The Centre in Craigie House on Manse St is opposite The Warehouse on High St.

The GROW Centres are a wonderful resource for Growers, as they hold a wealth of GROW Program material. If you haven't got to know the Centre's yet, please do so.

What is Grow?

GROW is a different thing to different people:

- To a mentally ill person, GROW is a program of recovery.
- To a person suffering from the stresses and crises of life, GROW is a way of preventing breakdown.
- To a person seeking personal growth and fulfillment, GROW is a school of adult education for life.
- The GROW organisation is a grassroot, community mental health movement, based upon a 12 Step Program of *growth to maturity*, through friendship and mutual help.

Weekly GROW meetings are run by their members, vary in size from 3-15 people and are approximately 2 hours long.

GROW is anonymous, confidential, non-denominational and open to all. No membership fees are charged, but contributions are welcomed.

Find your nearest GROW meeting from the list in the back of this newsletter.

Giving GROW a Fair Go: It takes a few meetings to develop an understanding of what GROW is and how it works during and between meetings. We recommend newcomers attend at least three initial meetings to make an informed choice about Grow.

RED FACES EVENT

I recently attended a fundraising event for Grow. It was called a 'Red Faces' event which Brenton Williams has been organising for the last 20 years. He spends all of his spare time on these events. The show was in Hamilton and was done as a talent quest.

There was a goodie bag for each of us with chocolates, flavoured milk, skin creams and various vouchers. There were 17 tables with 8 – 10 people at each table. In the middle was a table of judges who delivered their thoughts on each act that performed. There was a great variety of acts – singers, comedians, dancers, a hypnotist.

I was asked to speak about Grow so I spoke for a few minutes, telling a bit about my story and some bits about Grow. I wasn't sure how much people knew about Grow so I just described the basics. A lady came up to me later and told me that she was quite moved by what I said so I must have said something right!

As well as the talent quest, there was an auction of various items that had been donated. It was done by an auctioneer from one of the real estate companies.

There were things such as an outdoor oven, a weekend stay at a B & B and a note penned by PM Jacinda Ardern. (The note said "Keep calm and carry on").

From the entry fee and the auction Brenton had told me he expected to make about \$5000 for Grow. But the event made far more than that – in the end Grow received \$17500! This is going to make quite a difference to the state of Grow's coffers and we are very grateful to Brenton for all his efforts.

WEBSITE UPDATES

The website is constantly changing so it may be worth your while having a look at some of these enhancements.

The Home page has some additional go-to boxes:

I want Grow in my town or city

If you or anyone would like a Grow group in your town or city, click on the request form below. Then once you have several people interested, you can start your group

[Request Form](#)

Brochures

Request free Grow brochures for display. We appreciate them being shown in hospitals, doctors, CAB's, and other health professional clinics

[Request Brochures](#)

I want to Volunteer

Volunteer now and see how you can make a difference in your community.

[Get Started](#)

How can I start Grow Group?

Anyone is welcome to start a Grow Group if you follow the basic guidelines

[View Guidelines](#)

Con Keogh (About Us)

Also on the website, if you have not already seen, is a video recording of some 30 years ago of Grow's co-founder, Con Keogh, speaking to an audience about the beginnings of Grow. It's his story and how his vision came into being with some friends that helped him make it all happen:

<https://youtu.be/8mpwBQ21NBA>

THE ANNUAL GENERAL MEETING OF GROW NEW ZEALAND INCORPORATED

Was held on Saturday 17th September 2022 via zoom,

National Program/Management Team members for 2022-2023 are:

Allen Walker

Barbara Konarkowska

Carolyn Foley – Vice President/chairperson

Kathryn Davey – Secretary

Lesley Hilford

Sandy Carter-Hunt – President/chairperson

Tim Bishop

Chas Bennett (ex-officio)

We wish to say thank you for your service to the team to Shirley Wilkins who is taking a well-deserved break this year.

We also wish to welcome aboard Barbara, our new member to the team. We are looking forward to working with you.



Conference Article

On 17 October 2022 was the annual GROW National Programme and Management (NPMT) Conference. This conference is for all the Organisers and Recorders and other leaders in GROW to come together to form the next year's NPMT team.

Our theme this year was *"Connection"* based on the principle of Connection on page 24 of the Grow Journey Book: *"Acknowledging that we are not alone can strengthen our purpose and enhance meaning in our lives. I can affirm our connection to self, to others, to the community, to nature or to the significant or scared in our lives. This connection is vital to recovery and to our overall sense of well-being"*.

Our guest speaker was Andrea Best, Programme Co-ordinator from GROW Ireland who sent her video talk on the theme Connection. She talked us through how we can connect to self, others, nature, and community by sharing some personal anecdotes on how she did, thus inspiring us to. She guided us through a relaxation exercise to help us connect to ourselves. She also talked about the importance of the first principle Personal Value (pg 21) - *No matter how bad my physical, mental, and social or spiritual condition, I am capable of loving and of being loved. I am a connecting link between persons. I am valuable, I have a purpose and a unique place in this world that no one else can fill.* She talked about the real meaning of this principle, which is to memorise it and to always believe it to be true no matter what is happening in your life or how you are feeling.

Next, Tim (Friday online GROW group) shared his story of breakdown and growth through GROW which was moving and inspiring. Alan's (Highland Park group) talk *"Relationships with Others"* explored how to apply the principle of connection by using the GROW Program - so informative and motivating that it would be well worth repeating again for one of our workshops next year - you will learn so much. After lunch, we got down to the business of calling forth the leadership and formed next year's NPMT team. This was followed by the Annual General Meeting. Attending the conference and listening to the talks is a great way to connect to others and community - thanks to all who participated.

By Lesley (St Lukes Group/ NPMT)

Step 10: We took our responsible and caring place in society.

TRUST, CONFIDENTIALITY AND GOSSIP

We recite the *Commitment* at the beginning of every group meeting. In doing this, we make several promises to one another. One promise is to protect the **confidentiality** of the meeting. Also, we confirm that we **trust** one another. Do we take these important statements seriously?

First, let's consider why confidentiality is important. Why should we keep our commitment to one another? The integrity of the group and its members need to be protected. For some of us, it seems risky to trust one another with secrets of our hearts. But we speak up anyway because we trust that we are safe in our group and can count on our group friends. If the group trust is betrayed, group members may no longer feel confident about revealing personal problems.

Why do any of us gossip and betray confidences? Maybe we want to impress our peers and feel important. Or perhaps we want to hurt a certain person, so we target that individual with our talk. Some of us may gossip out of habit or simply because we like to hear ourselves talk.

The person who speaks carelessly or irresponsibly outside the group is not thinking about the consequences. Revealing personal secrets hurts innocent people. When we gossip, we are disregarding the truth and value of another individual. Also, gossip can be a form of bullying, and bullying is never acceptable.

Gossip, whether through the social media or among our peers, seems safe and easy because we can usually remain anonymous. But we aren't really as safe as we think we are. We may remain anonymous, but we are still responsible and personally affected by the choices we make.

If you have broken someone's trust, the damage can often be repaired. First you need to recognize you made a mistake and then take responsibility for correcting the wrong. Begin by asking forgiveness of the person you have hurt and also by forgiving yourself. Little by little, you may be able to heal the damaged friendship or family relationship.

If you are the one whose trust has been broken, you can recover. Let time pass, ask for help, be forgiving and take careful risks. In some cases, you may not be able to trust the person who betrayed you, but you can build new and more dependable friendships.

Every one of us can get past betrayal and move forward. All we need is a little courage, renewed hope, and the openness to new possibilities.

Steps to Recovery

An Anthology of Literature

By Carol Mussey

Step 11: We grew daily closer to maturity.

POWER WITH WISDOM AND LOVE

If you have been on the wrong end of abusive power, you might react negatively when you hear the word **Power**. Also, some of us Growers may not be comfortable with the term *Power* because we don't often use that word in Grow. We usually talk about *leadership*, sometimes about *authority*, but rarely about *power*. Still, Power is an integral part of our world, and we can't cut it as a force in our lives. If we try to create a community or civilization without power, chaos will reign-but only temporarily. Sooner or later someone will move in and take control of the chaos. This might happen through the actions of an opportunistic person or group that intends to exploit the unstable situation. Or it may happen through the benevolent actions of a person or group that genuinely cares about the welfare of all concerned and aims to bring healthy order to chaos.

Let's consider an example of a chaotic situation where no one is empowered. Imagine a Grow group without structure. What if the group had no Group Method as a guide and also no identified leader? Their meetings would probably be disorderly, without focus or direction. And what if the group had no overall guidance of a Program for healthy living? In that case, group members might all have their own opinion, but there would be no common agreement about the group's values or goals. Such an unstructured group could easily become chaotic, especially if some group members were determined to sabotage the meeting. The resulting confusion would leave an easy opening for someone to take control and exercise his own agenda. Power in the hands of a person who is promoting his own agenda can lead to abusive power.

Have you had a terrible experience with someone who abused his power? Maybe it was a family member, the school bully, a co-worker, or a supervisor. If someone has dominated over you, you know how damaging this control can be. An overly controlling person can destroy our sense of self-worth and prevent us from becoming free *and whole persons*. Some of us tend to get ourselves into controlling relationships because we don't believe we deserve any better or we feel so anxious about ourselves that we look for people who will rescue us. While we can't erase old memories of being controlled by others, we can Grow stronger as a person and learn to avoid unhealthy relationships in the future. We can begin by developing new insights and accepting the support of understanding people. Step by step, we can learn not to surrender our personal power.

Power is difficult to manage, even by those with the best intentions. For example, a new parent may love and cherish her infant, but once the infant becomes a teenager, the young mother may not be able to cope with the adolescent's rebellious behaviour. She may not have the experience and confidence to encounter the teenager with *tough love*, so she reacts by dominating over her unruly child. Alternatively, she may react by surrendering her parental power and allow her difficult adolescent to *rule the roost*.

Power is not easy to manage because of the temptations that go along with it. Power and importance feel good and may even be intoxicating, like drugs or alcohol. It is those intoxicating feelings that tend to corrupt our judgement and lead us in the wrong directions.

We are all vulnerable to the temptations of power and position. Think of the example of the Group Organizer who gave into the unfamiliar feelings of power. Let's call this Organizer Victoria. Victoria was once a caring and inclusive group member, until she was elected to the position of Organizer. She seemed transformed overnight by her new sense of power, losing her caring approach and becoming a self-important and overly prominent person. Power had corrupted Victoria's mind, and she had *lost insight into her condition*.

Power is not something to be coveted or possessed. Rather, genuine power is an asset that needs to be shared. If you are too insecure to share your power through leadership. You will tend to form competitive and exploitative relationships. If you are too insecure, you may crave center stage and forget what is really important about leadership. These are the reasons that power needs to begin with self-empowerment. First, you work at developing your own personal resources of *understanding, acceptance, confidence, control and love*. Once you are on the path of personal growth you will be better able to share your power or personal strengths with others.

The power that goes along with effective leadership and authority is **a function or tool, not a goal**. In other words, healthy power is a means to an end, not an end in itself. If exercised with wisdom and love, power can serve as a tool that helps us make a difference in the world. If power becomes more than a tool, it's the wrong kind of power.

To exercise power is a privilege, not an entitlement or right. None of us is entitled to power simply because of seniority or position. Power is **a temporary gift** we are **obligated** to exercise responsibly, **through wisdom and love**, and this is never easy. It requires experience, self-examination, the humility to learn from our mistakes and openness to the truth. It also requires the character strength to keep doing the right and healthy thing even when we feel more like doing our own thing.

You don't need to be selected or elected to a visible position of authority in order to discover your genuine power. And you don't need to stand at the very center of things to be a true leader. Your unique personal strengths may not be obvious, but they are already there, waiting to be revealed. **There is nothing powerless about your true self.** You have the power to be insightful, to accept yourself and others, to live confidently, to exercise self-control and to be a loving person. Through gradual self-discovery and some help along the way, you can bring to light your authentic powerful self. When you do, you won't need a worldly spotlight in order to shine.

Steps to Recovery

An Anthology of Literature

By Carol Mussey



CHRISTMAS PARTY
DECEMBER 10TH

CENTRE OPEN 11:30
LUNCH 12:30

BRING A PLATE OF FOOD TO SHARE
MAIN OR DESSERT

\$5 PRESENT FOR SANTA'S HELPER TO GIVE OUT
(PLEASE LABEL MALE/FEMALE)

CALENDAR OF EVENTS

Location details: All events are held at the GROW Centre, 97 St Lukes Road, St Lukes, except any camps/weekends

DATE	TIME	October Events
Saturday 1 st	For Nov Issue	Post/email Content for Newsletter to the Centre
Saturday 8 th	2:30pm	Leadership
Saturday 29 th	9:30am	NPT AND NMT Meeting

DATE	TIME	November Events
Tuesday 1 st	For Dec Issue	Post/email Content for Newsletter to the Centre
Tuesday 1 st		Post/email Bimonthlies to the Centre
Saturday 19 th	2:30pm	O & R Meeting Potluck Social

DATE	TIME	December Events
Saturday 1 st	For Nov Issue	Post/email Content for Newsletter to the Centre
Saturday 3 rd	9:30am	NPT AND NMT Meeting
Saturday 10 th	11:30	Christmas Party

GROW dates do change from time to time. Dates/events are up to date at the time of printing each newsletter issue, and updated between issues through *Centre Announcements*, read by Group Organisers during weekly Meetings.



GROW MEETINGS

Group	Time	Location	Contact	
Online Zoom (Nationwide)	Thursday 6.30pm or Friday 12.30pm	Requires Internet with webcam or smartphone	Carolyn	0210517287 carolyn.foley49@gmail.com
Papatoetoe	Monday 10am	Seventh Day Adventist Church, 16 Puhinui Rd, Papatoetoe	Vicky	021 129 4380 vrogers@xtra.co.nz
St Lukes	Monday 6.30pm	The GROW Centre, 97 St Lukes Rd, Mt Albert	Barbara	bkon011@gmail.com
Highland Park	Monday 7pm	Highland Park House, 47 Aviemore Drive, Highland Park	Allen	022 194 6744 aljw33068@gmail.com
North Shore In Recess	Monday 1pm	Glenfield Community Centre Cnr Glenfield Rd & Bentley Ave Glenfield		https://grow.org.nz/contact-grow/
Onehunga In Recess	Thursday 10:15am	Onehunga Community House 83 Selwyn St, Onehunga		https://grow.org.nz/contact-grow/
Hamilton	Thursday 12:30pm	Whitiora Bible Chapel 24 Abbotsford St Hamilton	Carolyn	0210517287 carolyn.foley49@gmail.com
Rotorua	Monday 10:00am	St Lukes Anglican Church 1223 Amohia St Rotorua	Steve	020 462 4654 stephen.randell@gmail.com
Dunedin	Monday 5:30pm	GROW Centre 22 Manse St Dunedin City	Shirley	(03) 477 2871 2growdunedin@gmail.com
Christchurch (Kaiapoi)	Sunday 1:30pm	Kaiapoi Library 176 Williams St, Kaiapoi	Richard	ragrantham9@gmail.com

**GROW is a program of *Growth to Maturity or Mental Health*,
through Friendship and mutual help.
No introductions are needed. Just come along to a meeting.**

A thought for all growers.

GROW does not charge members fees or dues, and so relies on grants and private donations as a source of income to meet operating expenses. If you can afford to, please consider giving back to GROW.

Methods of payment include cash, cheque, bank deposit and internet banking. When using internet banking, type 'donation' and your name into the available fields. If by post, please include the slip below. Contact the GROW Centre if you would like a receipt, as donations are tax deductible.

Account Details: GROW N.Z. Inc. 12 3017 0509675 00 (ASB Bank)

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GROW N.Z. Inc., PO Box 41-051 Mt Roskill, Auckland, 1440.	I have donated by direct credit \$ _____ on ____/____/____ ~ or ~ I have enclosed my donation cheque of \$ _____
Name.....	
Address	
.....	

GROW NZ Inc WISHES TO THANK OUR GRANT FUNDERS AND VOLUNTEERS FOR THEIR CONTRIBUTIONS AND SUPPORT TO OUR GROUPS.



Kerr Taylor Trust * St Lazarus Trust Board * ACE Shacklock Charitable Trust
Red Faces Fundraising Event, Organizer Brenton Williams

If undelivered, please return to:

The GROW Centre, P.O. Box 41051, Mt Roskill, Auckland 1440

