



A PROVEN PROGRAM FOR WELLBEING

GROW NZ NEWSLETTER

APRIL 2020



GROW NORTH ISLAND CENTRE
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GROW SOUTH ISLAND CENTRE
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GROW N.Z. INC. NORTH ISLAND CENTRE

Office Hours: Monday 10:00am–12:00pm Tuesday & Wednesday 10:00am-4:30pm
Thursday, Friday and Public Holidays-Closed

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.

Social Lunch (Bring your own lunch) Tuesday & Wednesday, 12.30 - 1pm

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.

A Covid-19 Notice from GROW

GROW is planning as if the Coronavirus will be with us for a while in NZ and of course we hope that the plans our government has put in place will minimise casualties. It is certainly a test of our mental ability to cope and in these uncertain times we must put our trust in our Creator and in one another.

GROW in NZ and other countries has been promoting alternative means to keep communication lines open between leaders and between members – not just by phone calls but by Zoom video as well.

Online groups have replaced physical groups as a necessity and GROW Australian has been showing the initiative by transferring many of their groups to online for members that have the resources to do so. Their online groups have been set up to meet at the same time as the physical groups were meeting.

In NZ we are looking at similar means of running online GROW groups to maintain continuity of companionship for our members.

With that in mind, I would like to carry out a survey of who would be interested in joining a NZ run online GROW group if there was an Organiser and Recorder found to run one. An online GROW group would be run along the same lines as a physical GROW group.

If you are interested and have enough internet data or phone minutes you could show your interest and be a part of this. You can join an online GROW group by phone (audio only) if you prefer.

Please indicate your interest by emailing national@grow.org.nz and say:

“I would be interested in joining an online GROW group that is run within NZ.”

Alternatively, if you don't have the inclination to be part of an online group but would like to be contacted by an Organiser or Recorder to maintain 12 step communication by a one-to-one phone call, please email national@grow.org.nz and say:

“I would like to be contacted by phone by an Organiser, Recorder or seasoned Grower”

Your First name: _____

Name of your current GROW group (if applicable): _____

Phone number _____

Email: _____

Town/City and suburb _____

Please forward this notice on to anyone you think may want to receive it.



GROW has gone online!



Observations of an Aussie Online Group

by Chas Bennett

I received the Zoom link via a NSW Fieldworker that I had previously contacted with my NZ admin hat on and I was warmly invited to join in and observe whenever I wanted.

I had the Aussie blue book and group method card at the ready.

There were 11 people on the night that I participated.

It was helpful to have the Zoom setting on 'speaker view' so that whoever was speaking, their video became the prominent one on my screen as there were too many to all fit on my screen at once and follow who was talking.

The Sponsor offered to lead the meeting and the first thing done was the reading of the Housekeeping Rules. I thought this was something that our NZ online and physical groups could do well to adopt, such as mute/ turn off mobile phones and no recording is allowed.

The GROW Commitment was read out by everyone speaking in unison. All spoke at once which made it a little difficult to follow in the online medium

A written testimony was read out from the "NSW Testimonies 2015" book.

In the Progress Reports I spoke a little about the steady progress NZ was making towards opening our own online groups and how it could open GROW up to accepting members nationally where physical groups did not have a presence.

The Middle Routine and the 'The Testing of Knowledge' was started by the Sponsor and then after one person was tested that person had the opportunity to randomly choose and test another. If someone struggled others were supportive and helped out.

Time was allocated to hearing of a person's problem and that was followed up with a practical task and relevant program.

The fieldworker was very prompt to interrupt and pull us up on anything he thought was glossed over or not addressed properly.

There were no real technical issues with our computing software that members couldn't overcome. Most people were using their mute button frequently to eliminate possible background noise like coughing or rustling. That was good because it made it easier to hear what was being said. You just had to remember to unmute yourself before talking again!

Twelve Step planning was a matter of deciding amongst each other just who was going to call who during the week. Phone numbers were exchanged between people who didn't know another's number. The 'public chat' feature within Zoom was used to do this. But also 'private chat' was used to exchange a phone number who wanted to keep theirs more personal. I was allocated a name and number of someone to call during the week and likewise I gave a second person my number to call me.

The Closing Routine followed and as there was no Recorder, the Sponsor shared the Weekly Evaluation sheet from her screen and filled it out online while everyone else watched and answered the questions. It was a very different version to the NZ Evaluation sheet.

One of the younger members was asked if they would take on the part of Recorder for the group. There were plenty of offers to support her in the role by ones who had previously been a Recorder themselves. I found out later that this particular group had only been operating for 6 months and the Sponsor was also the Organiser of a physical group but on a different day of the week.

The member's first names and first letter of their surnames were recorded on the Evaluation sheet and so was their Australian state, or country if they were international. I saw there were not just NSW members but also Queensland members recorded as being present (no Irish this night)

The Prayer for Maturity was cited in unison followed by the Grow Aspiration. I remembered what Dave McLoughlin suggested to me some time ago, if a group wants to, one can read aloud unmuted, while all others are muted. Everyone still recites but is not heard by all.

Once the meeting was over some said they had to go, so they said their goodbyes while others stayed and chatted for a while longer.

I was invited to a group social later in the week, which I accepted. I was surprised to learn that while the Covid19 social restrictions were in place, the socials were more frequent than the physical socials i.e. weekly instead of monthly. I was told that members were free to come and go during the online social and it was common for some to stay only a half hour if they felt to. Games were played such as Categories or Hangman.

My self-given task to experience an Australian online group was complete. There were various levels of technical competence and they all helped one another overcome small technical difficulties. For example, how to change the default screen name from a phone model 'Galaxy S9' to the members first name.

Everyone was friendly and inclusive of each other and for me I was happy to be part of the group if only to observe. I may attend the social on Thursday and next week's Monday group again.

I hope by writing this article it inspires Organisers and Recorders of a physical group to consider starting their own online group even if only temporarily while the lock down persists and to forget about the 'what ifs' and go with the 'what is' in our new age of online technology.

The GROW wisdom that comes to my mind, "if a thing is worth doing, it's worth doing badly - for a start, and while you're improving".

Happy online Zooming Chas Bennett

Step 4: We made personal inventory and accepted ourselves.

LIVE IN THE PRESENT

Live in the present rather than the past or the future. This is good advice, but easier said than done. It's not easy to let go of the past, including the wrongs that were done to us and the wrongs we ourselves committed. It's just as difficult to let go of our worries about the future and what might happen next week or next month.

Let's begin by examining our need to let go of the past. **No matter how terrible our past may have been, it has lost its power today and can't hurt us any longer.** The past can only continue doing damage if we give it a lot of energy and importance. It's true that we may have real and serious after effects from past trauma, which might include flashbacks, nightmares and relived memories.

Nevertheless, we are built for recovery, for healing the damage done to us, or the damage we did to others.

We have the tools we need for recovery from past hurts and wrongs. These tools include **our own courage and will to overcome and let go, the support of friends and community, and our spiritual strength.** Passing time itself can help heal past wrongs.

Finally, there is the **power of forgiveness**, which is the ultimate answer.

Just remember these tools can work for you only in the here and now, and they don't work in isolation from others. Keep in mind, *you alone can do it, but you can't do it alone.*

If we can overcome and let go of the past, how do we handle the future? Of course, we can do some wise forward-planning, but we can't accurately predict or control the future. Our predictions about the future are only possibilities, not probabilities, and we don't need to worry possibilities. If something is only possible, we need to let it go for now. We can make reasonable plans for the future, but our main focus needs to be on today. **We can only work actively with what we see right in front of us.** So let's have the courage to walk through today and the wisdom to leave tomorrow for another day. This is what we mean by, *Live in the present*



Memory Issues



Overthinking



Avoidance



Insomnia



Sweating



Rapid heartbeat



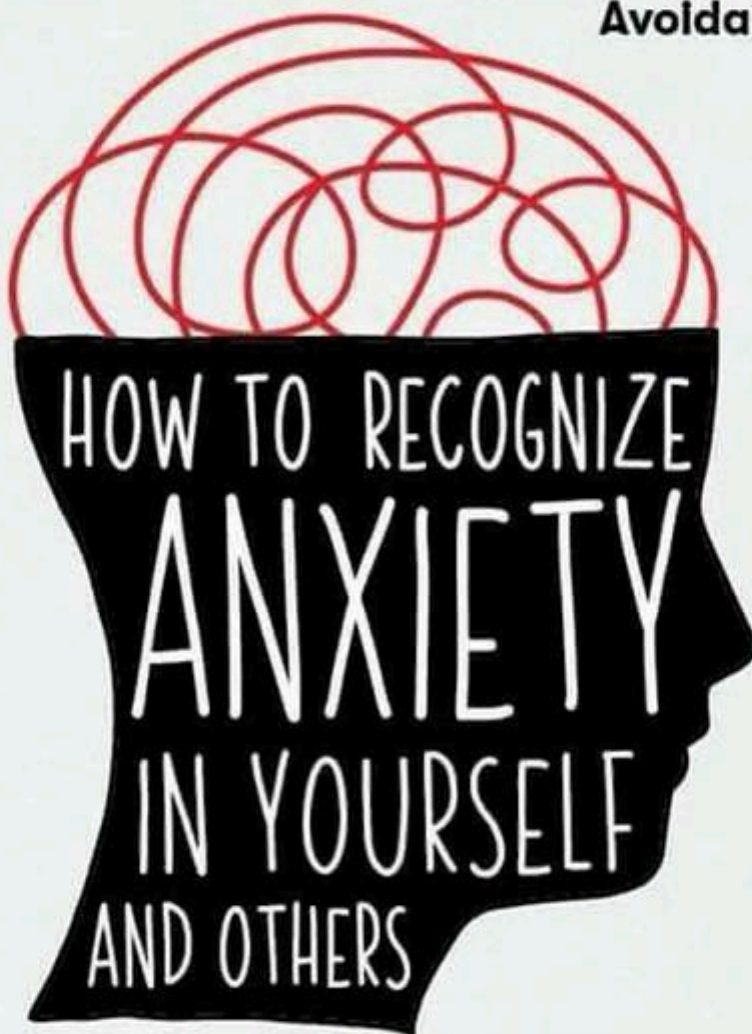
Stomach Issues



Headaches



Panic attacks



**HOW TO RECOGNIZE
ANXIETY
IN YOURSELF
AND OTHERS**



Trouble breathing



Needing reassurance



Procrastination



Constant worrying



Trouble concentrating

Lack of patience



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	March Events
Sunday 1st	For Apr Issue	Post/email Content for Newsletter to the Centre
Sunday 1st		Post/email Bimonthlies to Centre
Saturday 21st	2.30pm	O and R Meeting
	5:30pm	Shared Potluck Dinner and Social Hosted by St Lukes Group
Saturday 28th	10am to 4pm	<div style="border: 1px solid black; padding: 2px; display: inline-block;">Cancelled</div> Training Day And Shared Lunch

DATE	TIME	April Events
Wednesday 1st	For May Issue	Post/email Content for Newsletter to the Centre
Saturday 18th	9:30am	NPT Meeting
Saturday 25th Date changed for social	2:30pm	<div style="border: 1px solid black; padding: 2px; display: inline-block;">CANCELLED</div> Leadership Meeting
	5:30pm	Shared Potluck Dinner and Social Hosted by Highland Park and North Shore Groups

DATE	TIME	May Events
Friday 1st	For June Issue	Post/email Content for Newsletter to the Centre
Friday 1st		Post/email bimonthlies to Centre
Saturday 16th	2:30pm	O & R Meeting
	5:30pm	Shared Potluck Dinner and Social Hosted by Onehunga Group

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	
On-line (Worldwide)	Monday to Thursday Evenings	Requires Internet with webcam or smartphone (10Gb data/month)	Chas	027 614 2561 national@grow.org.nz
Papatoetoe	Monday 10am	Seventh Day Adventist Church, 16 Puhinui Rd, Papatoetoe	Vicky	(09) 269 3113 Text 021 129 4380 vrogers@xtra.co.nz
St Lukes	Monday 6.30pm	The GROW Centre, 97 St Lukes Rd, Mt Albert	Sandy Grow Centre	(09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Highland Park	Monday 7pm	Highland Park House, 47 Aviemore Drive, Highland Park	Allen	022 194 6744 aljw33068@gmail.com
North Shore	Monday 1pm	Glenfield Community Centre Cnr Glenfield Rd & Bentley Ave Glenfield	Sandy Grow Centre	(09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Manukau	Wednesday 9:30am	Manukau City Baptist Church 9 Lambie Drive Manukau City	Sandra	021 056 1796
Onehunga	Thursday 10am	Onehunga Community House 83 Selwyn St, Onehunga	Sandy Grow Centre	(09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Thames	Friday 10.30am	Thames Community Centre, 609 MacKay St, Thames	Sandy	021 049 1360 auckland@grow.org.nz
Thames	Tuesday 1:00pm	Thames Community Centre, 609 MacKay St, Thames	Patti	021 233 3184 patti.wickstead@gmail.com
Dunedin	Monday 5:30pm	GROW Centre 22 Manse St Dunedin City	Centre Shirley	(03) 477 2871 027 565 6556
Kaiapoi	Sunday 1:30pm	Kaiapoi Library 176 Williams St, Kaiapoi	Jacquie Leon	03 381 2214 021 059 8052
Nelson	Friday 10:00am	Citizens Advice Bureau 9 Paru Paru Rd, Nelson	Patricia	03 547 6120 dennybehrens@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)



GROW N.Z. Inc., I have donated by direct credit \$ _____ on ____/____/____

PO Box 41-051 ~ or ~

Mt Roskill, I have enclosed my donation cheque of \$ _____
Auckland, 1440.

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

If undelivered, please return to:

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

