



Support Groups for Mental Health and Personal Development.

GROW NZ NEWSLETTER

AUGUST-SEPTEMBER 2022



Leaders – Knowing the Way Going the Way Showing the Way

GROW NORTH ISLAND CENTRE
97 ST. LUKES ROAD
MT. ALBERT
AUCKLAND 1025

PHONE: (09) 846 6869

Email: auckland@grow.org.nz

national@grow.org.nz

GROW SOUTH ISLAND CENTRE
22 MANSE STREET
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DUNEDIN 9016

PHONE: (03) 477 2871

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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.

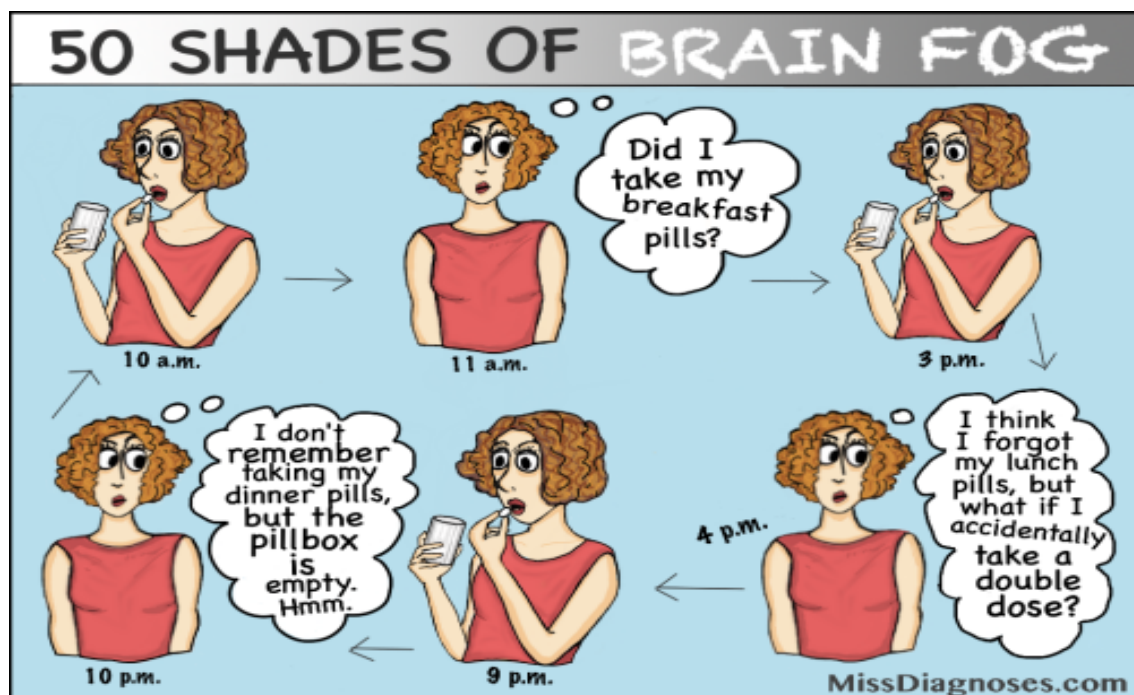
Giving GROW a Fair Go: It takes a few meetings to develop an understanding of what GROW is and how it works during and between meetings. We recommend newcomers attend at least three initial meetings to make an informed choice about Grow.

Apology

Again, I start with an apology. Again, I have not been able to get Newsletters out to you. There have been many health issues I am dealing with long covid being one and diabetes affecting my eyesight being the other major one. I have had a lot of foggy brain whereby I sit in front of the computer and cannot think of a thing to put in the newsletter.

I am grateful to Dave from St Lukes group for sending something in. We used to have people from the groups do something each month or after a workshop, training day or social, it doesn't have to be very long, and you can always add a picture.

So please help me to help you as the newsletter is the main form of communication throughout the Grow Community.



Kerr Taylor Trust Grant

“On Thursday the 30th of June I was privileged to attend a ceremony at Alberton House where the St Luke’s Grow group were presented with a donation of \$3000.00 from the Kerr-Taylor Trust. The ceremony was held in the main sitting room at Alberton, a beautiful and historic homestead on the slopes of Owairaka/Mt Albert. We were given a brief history of the Trust and the good works that it has supported throughout the years. There were many other charitable groups present to receive donations from Scouts to the Salvation Army to groups providing meals from recovered and donated food. As befitted the grand surroundings we were served biscuits and tea in fine bone china. The room was decorated with beautiful pictures and sculptures created by people with disabilities from Mapura Trust.

To be surrounded by people from such worthy and interesting organisations was a pleasure and quite inspiring. I felt proud to speak the truth of what we as a Grow group do for ourselves and for others. After the formal ceremony I spent some time chatting with people from the various groups who received donations and also with the trustees of the Kerr-Taylor Trust. It was a great opportunity to share my journey to recovery through Grow and to share in the warmth and humanity of so many demonstrably good people.”

Dave (St Lukes Group)

THE ANNUAL GENERAL MEETING OF GROW NEW ZEALAND INCORPORATED

WILL BE HELD VIA ZOOM,

At 1:45pm on SATURDAY 17 September 2022

AGENDA

1. Welcome and Prayer for the GROW Community.
2. Minutes of AGM 18 September 2021
3. Formally adopt President's Report
4. Formally adopt Annual Accounts for year 1.7.2021 – 30.6.2022
5. Formally adopt Annual Report for year 1.7.2021 – 30.6.2022
6. Appoint Auditor.
7. Elect (Ratify): (a) Legal Members 7.1, 7.2, 7.3, 7.4.
(b) Board of Control (president and Secretary to be elected at first National Team Meeting).
8. General Business.
9. Date and Venue for next AGM.
10. Date of next National Team Meeting.



Step 8: We learned to think by reason rather than by feelings and imagination

We are more than our feelings

Feelings are an important part of who we are, but they are not all that we are, and they don't define who we are. We are more than our feelings. We are also thinking persons and persons of action, with unique personalities and great personal value.

Sometimes our feelings are so powerful that they seem bigger than our own selves. For example, your feelings of anger or hurt may sometimes seem so overwhelming that they are in control of you. But they aren't actually in control. **You still have control over your thoughts and actions.**

Example 1: Even when you are angry, you still have control over your actions. You can move your muscles and pull yourself away from an upsetting situation. You can walk away without reacting in anger. Also, you have control over your thoughts. Instead of reacting, you can choose to **act thoughtfully**. You can cool down, let some time pass and think through a plan of action. After taking time to think, you may decide to let go and move on. Choose your better self and become bigger than your anger.

When you feel angry, take these thinking and action steps:

Example 2: your feelings may be real, but they don't determine the real "you". Maybe you feel hurt because someone was disrespectful to you. It is understandable that you feel hurt, but your hurt does not define you as a person. Just because you feel disrespected doesn't mean that you deserve disrespect. No matter how hurt you feel, you are still worthy of respect, including self-respect.

With practice and a little help, you can learn to stand back from your hurt feelings and **choose how you think** about a hurtful situation. You can remind yourself that you are valuable and worthy of respect, no matter how bad you feel in the moment. Walk away from the disrespect and hurt feelings. Choose self-respect and personal value as the best answer.

When you feel hurt, take these thinking and action steps:

1. First, **stand back** from your hurt feelings.
2. **Surrender** your hurt to the healing power of God.
3. **Talk to** someone you trust.
4. **Choose your thinking. Let go** of disrespect.
5. Choose self-respect and personal value; choose the real "you".

Our feelings are good friends and guides, but they are never good bosses. Don't let your feelings determine who you are. First, choose how you think and act. Choose your better self. Then, your feelings will fall into line and become your friend instead of your boss.

Step 9: We developed will power to do the right thing in spite of our feelings.

From chaos to effectiveness

Part 1: *Cultivating Chaos*

Do you frequently find yourself caught up in chaos? Are you often the centre of emotional disruptions? Ask yourself honestly, *Am I responsible for creating or contributing to the excessive drama in my life?*

Do you tell yourself that drama and chaos is simply an ordinary part of life? Do you believe that chronic disorder goes along with the nature of your work or family environment? Are you more comfortable with chaos than with peace and order? Do you find meaning and purpose in all the chaos?

Maybe you are the cause of the chaos. Or maybe you want to defuse the drama in your work or home environment. Either way, it is possible to restore order and harmony in your life.

Some of us have grown up in disorder and chaos. That's the environment we know and the place we feel most comfortable. Perhaps we even create disruptions because we feel more at home with disorder than we do with order and harmony.

Some individuals create drama, so they can escape their own inner turmoil and avoid changing what they need to change. The drama not only distracts the drama person from herself, but it also distracts the people around her who are trying to *aid and require her to be reasonable*.

For those of us who cultivate chaos, there is another benefit. It draws attention to us. Because of our self-doubt and insecurities, we crave attention and affirmation. The attention we get may be negative, but it's still attention. Unfortunately, no amount of attention can relieve our empty feelings and self-doubts. Furthermore, our attention-seeking often drives away the very people we need in our lives.

If you are someone who lives in chaos, you probably have trouble focusing on your day-to-day responsibilities. The less you focus, the less you accomplish, and the less you accomplish, the more you feel upset with yourself. If others have lost patience with you, we can only imagine how frustrated you must be with yourself.

How can a drama person turn his reactions around and find stability in his life? The first step is to learn some control by *compelling* [his] *muscles and limbs to act rightly in spite of* [his] *feelings*. He can force himself not to rush dramatically out of the room every time he feels upset. He can also turn quietly away from arguments and *let time pass*, instead of fueling the fire of every argument. As he learns some ordinary control, he will begin to feel more like an empowered adult and less like an out-of-control child.

The drama *queen* and *king* can also learn to live with the usual ups and downs of their emotions, just as other mature adults do. There are times when all of us experience a roller coaster of feelings, but we don't need to hop onto every emotional ride. We can choose instead to keep our feet planted on solid ground despite our inner turmoil.

The drama person also needs to learn to live with life's imperfections and disappointments without losing control. Through trial and error, he can learn that he is *more durable than vulnerable* and not a victim to everyday troubles. His victim mentality leads him to react as if he were powerless rather than empowered. He can turn things around by recognizing that when things go wrong, he has choices; he can choose his attitude and his actions. If he activates his will and makes better choices, **he will begin to be empowered rather than feeling powerless.**

Part 2: Leading Others Out of Chaos

If we want to lead a drama person out of her own chaos into empowerment and effectiveness, we need to help her refocus by turning her attention to practical, everyday tasks. In other words, our goal is to help her become **free and active in ordinary living rather than reactive and entrapped in her own chaos.**

It's not easy to be consistent and persistent in guiding a drama person in the right direction. This challenge can be wearing on everyone's patience and energy and will test even the toughest leader. While the drama person seems to gain energy from the chaos, the rest of us can be drained by the demands.

One helpful way to defuse our own emotions is to stop talking about every incident. The more we talk over each detail of a crisis, the more we dramatize the situation and the more we keep ourselves stirred up. It is one thing to problem-solve around an incident, but it's quite another to give the issue too much importance. There is a time to address a problem and a time to refocus our energies and move forward to the next task. Our challenge is to identify when that time has come. Moving on is not only important for our own effectiveness; it's also necessary for the stability of those who count on our leadership.

A second helpful way to defuse our own emotions as helpers and leaders is to take a break from an intense situation. It's not ordinary to overwork a problem. The problem will only appear worse if we keep digging ourselves deeper and deeper into the drama. The more we work over a difficult issue, the more exhausted we become, and the more exhausted we become, the more we lose insight, and the more we lose insight, the less we recognize that we need to take a break.

The problem won't go away if we stand back, but it will look different once time has passed. Insight often comes after we have given ourselves and the issue a good rest. An effective leader knows when to take a break,

There are tangible benefits to overcoming a habit of drama. For the drama person, the rewards include a new sense of empowerment, focus and purpose. The drama *king* (or *queen*) is no longer enslaved to his emotional ups and downs. (Elizabeth Svoboada, October 2013) Instead, he has a solid sense of direction to his life. For the leaders and helpers who deal with *drama people*, the rewards include more predictability and productivity in daily living. There is also the satisfaction in knowing they are making a real difference in the lives of those who rely on their support and leadership.

It's about
empowering
people



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	August Events
Monday 1 st	For Sept Issue	Post/email Content for Newsletter to the Centre
Saturday 6 th	9:30am	NPT AND NMT Meeting
Saturday 20 th	10:00am	Workshop

DATE	TIME	September Events
Thursday 1 st	For Oct Issue	Post/email Content for Newsletter to the Centre
Thursday 1 st		Post/email Bimonthlies to the Centre
Saturday 10 nd	2:30pm	O & R Meeting Potluck Social
Saturday 17 th	9:00am	Conference /AGM

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 15 th	9:30am	NPT AND NMT Meeting

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 Friday	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 In Recess	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
Onehunga In Recess	Thursday 10:15am	Onehunga Community House 83 Selwyn St, Onehunga	Sandy	(09) 846 6869 021 049 1360 auckland@grow.org.nz
Hamilton	Thursday 12:30pm	Whitiora Bible Chapel 24 Abbotsford St Hamilton	Carolyn	0210517287
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 Centre	(03) 477 2871 2growdunedin@gmail.com
Kaipoi	Sunday 1:30pm	Kaipoi Library 176 Williams St, Kaipoi	Shirley	(03) 477 2871 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

