



Support Groups for Mental Health and Personal Development.

GROW NZ NEWSLETTER

AUGUST 2021



Mental health can't be taught – it has to be learned together.

GROW NORTH 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

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97 St Lukes Road
St Lukes
Auckland, 1025

Postal Address:

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Auckland, 1440

Phone (09) 846 6869 or 021 049 1360

Centre: auckland@grow.org.nz

Website: www.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

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Dunedin Central
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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.*

THE DIFFERENCE BETWEEN HURT AND HARM

Quite naturally I don't like to be hurt - mentally or physically. Pain is very unpleasant; yet hurts both small and large, have been part of my daily life since I was born, and will continue to assail me as long as I live. Some hurts come as a necessary reminder to change my actions; others are simply part of the pattern of life. The thing that distinguishes hurt from harm is that, whereas, even a very painful hurt heals cleanly, leaving me as strong as formerly and perhaps even wiser; harm "festers". Harm may actually hurt less or even be pleasant, but it weakens me. It blights my person.

Curiously, pain is both a warning which enables me to avoid harm, and it is an unavoidable feature of growth. A toddler hurts himself and loses: dignity repeatedly while mastering locomotion. If I squarely face my actual maladjustments, I suffer real pain, anxiety, and loss of dignity. If I shrink from this hurt, I lose all hope of growth and change. If I mistake hurt for harm, I end up running from all close human relationships, since people inevitably hurt one another; I run from the truth, and from myself. In reducing my world and my potential from fear of pain, I then turn hurt into a terrible kind of harm.

Unlike hurt, which I must accept, though certainly not seek; I actively should avoid harm for myself or others. Obviously, I harm myself when I misuse alcohol or drugs. Less obviously I also harm myself when I withdraw from others and abdicate my responsibility to be the best person I possibly can be. I can become entangled in harmful relationships, friendships where I am led into trouble, or shallow sexual encounters. I also can be harmed by living in a situation where I am constantly belittled until I am a mass of resentment and have lost faith in my own abilities. Strangely, I am even more harmed if I am the one doing the belittling - for then I lose my ability to have close personal relationships.

In evaluating a situation or relationship, I can distinguish hurt from harm by taking an overview of my life. No matter how much I am presently suffering (or how good I feel), am I being robbed of my ability to cope with lie in a good ordinary way? Am I still heading in the way I want to go, and am I still master of my direction? If I am really honest in this evaluation, I can often turn potential harm into simple hurt, by accepting responsibility for my own attitudes and actions. If I am harming myself or others I can change. If others are harming me, I can change this relationship for their good as well as my own.

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JEALOUSY!

Self-destructive behaviour can be the result of being jealous. Behind jealousy, as with all feelings, there is always some (at least implicit) thought. Jealousy can be stirred as much by imagined as by real causes.

Honestly examined, jealousy often reveals a basic lack of self-esteem and insecurity; a repressed desire for those very experiences the "guilty" person is enjoying; a childish longing to possess the loved person; or the tendency 'to depend on another for a wholeness only to be achieved within'.

The experience of jealousy may differ depending on the stability of a relationship, but unreasonable jealousy needs to be controlled if it is not to lead to eventual disintegration, both personal and interpersonal.

Here are some suggestions to help us control unreasonable jealousy:

1 Accept the fact that we are jealous and analyse our negative feelings. We need to understand and accept ourselves as we really are. Jealousy may serve as a warning signal of difficulties that need to be worked out. We are in charge of our own life and need to remember that we always have options.

2 Learn to let go - free ourselves from the dependency that gives jealousy its power to hurt. When we feel jealous about a person's behaviour towards someone else, remind ourselves that it is not a reflection of our worth. It is their choice and we are not going to think less of ourselves because they make a choice that we dislike.

3 Consider the time our friends spend with other healthy interests as time given to us, not time taken away and remember that no one else can meet all the needs - social, emotional, intellectual, professional - of another person. Work on strengthening those areas in which our own insecurity leads to jealousy. eg re-establishing contact with friends we haven't seen in years; pursuing creative interests for ourselves.

4 We cannot 'own' others and it's no use trying, but we can learn to face realities and work out a set of clear, mutually agreeable ground rules for conduct and reaffirm the special nature of our bond of friendship.

5 The more we depend on being the center of attention of another person and need to have their full attention, the more it will tend to evade us. The cost of such exclusive friendships is liberty to be ourselves and to relate ordinarily and harmoniously with others. A price which no reasonable person will pay.

Jealousy seeks to enslave and possess. The GROW programme teaches us to be friends for living and not masters or slaves of others. The best way to love people is to start treating them as adults who are responsible for all their actions and not excused by the passionate feelings that precede those actions.

CHANGE OF TALK

My speech is the natural medium between my thought and my life. In other words what I say is the ordinary key to both what I am thinking and the way I am living.

More than anything else, my talk reveals my thought to others - this is obvious. But what is more to the point (though I may be less aware of it), is the decisive way my talk records and keeps my thought before my own mind. Moreover, talk is the staging-ground for action: what is more likely than my words to preview and program my actions?

It follows that the direction in which my thought and my life are developing will show up pretty unmistakably in my talk; and that direction will in fact also be maintained and promoted by my talk so long as the latter continues unchanged. On the other hand, if I undergo any real change of thinking and really intend to change anything important in my life, this personal change cannot fail to be registered, and even to a large extent implemented, by noticeable change in my talk. So much so, that if my talking habits have not changed, I can be quite sure that I have not changed in any meaningful way. Obviously I have not made up my mind to, and in all probability I do not really want to.

A change of talk will not automatically bring about a change of thinking or a change of living. That is to say, it is not a sufficient cause of these changes, but it is their ordinary sign and a necessary means for them. For, if I wish to nourish and cultivate certain thoughts or feelings, I will naturally express them, just as I nourish the plants I want to grow in my garden with water and fertilizer. If I don't express certain convictions and emotions, I will tend in the long run not to hold them and not to feel them. In fact, not to express them is effectively to starve them out, and (unless I have positive proof to the contrary) I have every reason to think that deep down I am intentionally starving them out. Maybe I am really choosing to cultivate those other contrary beliefs and feelings, which I find myself voicing more often, though I may occasionally discredit and disown some of these.

If my thought is inconsistent, the question is, which trend (the maturing one or the sabotaging one) is prevalent, and in which way am I effectively developing? My best clue to this is the way I talk on the whole, and in which direction my talk changing and achieving greater consistency?

Actions, of course, speak louder than words. So, whether I am really changing or not, and the direction of my change, will ultimately be measured by the course my behaviour is taking. Personal change, we used to say in GROW, is threefold: a change of thinking, a change of ways and a change of relationships. Among these three the key one is the change of ways of behaviour. But, after all, talk itself is a kind of behaviour, the kind mostly directly linked to my internal thought; it is also much more directly and more fully under our control than a lot of other actions; and what can be said to be a way of ours, if our talk isn't? Moreover, when it comes to relationships since our talk or conversation is our great medium for relating and communicating, the quality of our talk will inevitably decide the nature and orientation of our relationships.

Consequently, reason and experience suggest that we should high-light the decisive role played by expressed thought, by talk, in our learning and development. So, in our GROW Groups we now describe the Three Basic Changes (for development of my new self) as a:

1. Change of THINKING and TALK
2. Change of WAYS
3. Change of RELATIONSHIPS

by C. B. Keogh.

Dear Growers

I am writing to you today to let you know that I have decided to retire from paid work with Grow. My last day is today (Friday 18th June) so you will be reading this after I have had my final day of work. This retiring is an interesting thing, at first the decision is quite exciting with an edge of fear of the unknown but mostly good and hopeful feelings. Today I have very mixed emotions. I was doing okay until a dear work mate sent me a very touching message which immediately brought me to tears, I was moved by her words and humbled by the content of her message. The thing that has helped me these past few weeks when I feel this sense of ordinary grief is knowing I am a Grower first and foremost and I am just retiring from paid work. Once I have had a bit of break I plan to continue volunteering with Grow at some level, this is the whole picture and the intense feelings I experience today, this last day of work, are normal and transient.

There are so many people that have helped me along the way these past 30 years, it's difficult to know where to start but the person I'd like to thank the most is whoever it was that left that pamphlet for me to find in the mental health unit I was first hospitalised in. The pamphlet contained the 12 steps and as sick as I was the 8th step really stood out to me, "We learn't to think by reason rather than feelings and imagination", and I wondered how on earth does one do that? The following week the regional Fieldworker, Angela Dalu, came onto the MH ward to let us patients know there was help when we left hospital. I don't remember much else of what Angela said during that hospital orientation session but I was touched by her wonderful smile and the warm hug I received from Ange at the end of meeting.

As soon I was allowed home I started attending the Lismore Thursday Grow group and with a strong will to get well (urged on by a desperate need never to be hospitalised again!), our wonderful program and with the groups help I managed to recover in only 12 short months. Working the Program daily the delusions dissipated, the hallucinations dropped off the fringe of my mind, my intense emotions settled down and in time I managed to string together a lot more good days than bad days. Whilst at the same time steadily developing a confidence that my breakdown was a breakthrough and hospitalization was well behind me....and as they say in the classics the rest is history.

In closing I would like to acknowledge and thank all of those who have come before us that have contributed to creating the Grow pathway back to good mental health. James Joyce once said "We are who we were", whilst we need a clear vision ahead we also need to remember where we came from and who we are here to help. So, next time you sit down in group, please remind yourself that we are gentle builders of a free and whole community, besides helping ourselves, our meetings together each week need to be a friendly encounter of persons offering hope and encouragement to those in the community most in our need. "To have a friend, be a friend".

Take care and bye for now,

In Grow Friendship

Dave Mc

WEBSITE UPDATES

NEWSLETTER

The website is a live document that is often changing. I invite you to have a look at a couple of things that have been added recently:

The monthly newsletters are now posted on the website upon each new issue that is released.

<https://grow.org.nz/news-letter/>

VIDEO OF CON KEOGH

Also new to the website is a video of Con Keogh speaking to an Australian audience in 1991. As you all know and up until his passing in 2011, he was a key figure and one of the co-founders and the main writer of the GROW program. In the video Con shares his own mental health breakdown at the age of 33 during the 1950's when there was very little mental health help available as we know it today and treatment was often primitive and cruel. He also touches on what led to GROW's early beginnings.

<https://grow.org.nz/about-grow/> (scroll to the bottom of the page to find the video, after clicking on this link)

GROW CENTRE SIGNS

Two new signs have been installed at the Sandringham Centre. We now share the building and signs with Sarah Zimmerman of Focus Counselling and Dr Graham Gulbransen, of Cannabis Care.

In memory of Miss Marjorie Sheat:

The GROW organisation was an enormous support for my Auntie, Marjorie Sheat, throughout her adult life. She often spoke about the programmes she had been in, the strength she gained from taking part and the lessons she had learned.

She died recently in her rest home and many of us spoke at her funeral about Marjorie's open honesty in dealing with mental health and her generous support of others who were dealing with difficulties of their own.

Thank you for providing Marjorie with the tools to make the most of her life. She died at 86, chatty and positive right up to her last day.

She was grateful for the newsletters received while in Gracedale Rest Home in Mount Roskill.

Andrea Charlett-Green

Family member

Miss Marjorie Sheat had a big impact on me in the first year I was working in the office, it was her letter and cheque that I wrote about in the September 2016 Bulletin, and I had the pleasure of meeting her on a couple of occasions when she came in for lunch and to catch up with Rose. Marjorie will hold a place dear to my heart for the encouragement and Grow program she passed on in general conversation as it was so engrained into her life. Marjorie, thank you, your work here is done. Rest in the arms of the Lord.

Grow Hugs

Sandy C-H

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
Sunday 1 st	For Sep Issue	Post/email Content for Newsletter to the Centre
Saturday 14 th	2:30pm	Leadership Social Potluck Dinner
Saturday 21 st	9:30am	NPT Meeting

DATE	TIME	September Events
Wednesday 1 st	For Oct Issue	Post/email Content for Newsletter to the Centre
Wednesday 1 st		Post/email Bimonthlies to the Centre
Saturday 18 th		National Conference

DATE	TIME	October Events
Friday 1 st	For Nov Issue	Post/email Content for Newsletter to the Centre
Saturday 2 nd	2:30pm	O & R Meeting Potluck Social
Saturday 16 th	9:30am	NPT 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	Monday Tuesday 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	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	Thursday 10am	Onehunga Community House 83 Selwyn St, Onehunga	Sandy Grow Centre	(09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Hamilton	Thursday 12:30pm	Whitiora Bible Chapel 24 Abbotsford St Hamilton	Carolyn	0210517287
Thames	Tuesday 10:00am	ZOOM MEETING	Patti	021 233 3184 patti.wickstead@gmail.com
Dunedin	Monday 5:30pm	GROW Centre 22 Manse St Dunedin City	Shirley Centre	(03) 477 2871 2growdunedin@gmail.com
Kaiapoi	Sunday 1:30pm	Kaiapoi Library 176 Williams St, Kaiapoi	Shirley	(03) 477 2871 ragrantham9@gmail.com
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)

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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.



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If undelivered, please return to:

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

