



Support Groups for Mental Health and Personal Development.

GROW NZ NEWSLETTER

DECEMBER 2022



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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2growdunedin@gmail.com

GROW N.Z. INC. NORTH ISLAND CENTRE

Administration: Please note that the Grow Centre has staff and volunteers who work remotely, and all phone calls are redirected to Sandy's mobile phone.

- Please direct your enquiries via phone, text, or the website's Contact Us page.
- St Lukes Group meets at the Centre every Monday at 6.30pm and Grow socials continue to be held there.

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.

Grow Dunedin's October 2022 Fundraiser Event – A Marathon Walk for Mental Health from Christchurch to Dunedin

Hi everybody, hope your all fighting fit and keeping well.

What an exciting few months we have had here in Dunedin. In March we were approached by two girls who wanted to fundraise for us. After a google search for an organisation, they came up with Grow, and a plan for walking 375 k from Christchurch to Dunedin. They set up a Give a Little page and I took upon myself to promote them with their plan.

They had such a go get it, go do it attitude, that I found it impossible not to assist their ambitious plans and help bring about a good result, after all at the end of the day it was Grow who was going to benefit.



They were not only going to do this marathon in five days but, also in costume as 'Panda n Sloth' aka Sarah and Mel (see picture)

I contacted local Radio, Dunedin to Christchurch and in-between who gave us a daily 3-session slot of advertising for the event, notifying of links and web site to Grow and informing public to keep an eye out for them as they wandered along the highway.

Otago Daily Times and Christchurch Star published a front-page article with photo and story about Grow and the girls' fundraising effort, the Newspapers and radio kept the momentum going as the girls covered the walking days, by checking in periodically as they

journeyed along.

Panda aka Sarah and I had a live session with OAR Radio "Otago Access Radio" Sarah was on a phone at home and I went to the studio. They were successful in their venture arriving back in Dunedin on the 8th of October and were met by the happy Grow community in the Octagon, we presented them with a copy of the photo from the newspaper and thanks to John from Fresh Choice Green Island a beautiful bouquet of flowers each.

The approximate amount raised \$2200 which is a really good amount, hope you enjoy reading this and all the best from now until end of the year and beyond.

Shirley Grow Dunedin.



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)

Step 12: We carried Grow's hopeful and healing message to others in need

SHARING WHAT YOU HAVE GAINED

You have been in Grow a good while now. You love the spirit and atmosphere of its meetings; you identify with its goal and its idea of maturity, and you have been applying its Program earnestly and really benefiting from it.

You can see you are changing and growing, and you are experiencing new harmonies within you and around you. You know the satisfaction of heart-to-heart communication and the joy of being appreciated and feeling at home, as you may never have felt before, in GROW friendship.

In a word, you have been developing in GROW as a Grower. But, believe us, there is more and better still. Heights attained open up new vistas and suggest further expansion and accomplishment. The secret of this new dimension of growth is that you gain by giving out and derive to the extent that you put back in. Till you are bringing value, security, harmony, and purpose into others' lives, you have not drawn deeply on these realities in your own. So it is only by launching out into leadership that you can know the joy of giving and receiving, of shared living at its best, in the GROW movement.

Now, what precisely is leadership in relation to the GROW Program? In reality, they are one and the same thing. The Program is only as good as the leaders who know it and use it and can show it to others.

The GROW Way was *found* by leaders,
is *shown* by leaders,
is *improved* by leaders.

1. The Way was Found by Leaders

That is, the GROW Program was produced in the first place by Growers who were finding the way out of their troubles by their common efforts and discussions, from the first it was the fruit of their decision:

- to use to the utmost their own personal resources in regaining their mental health;
- to preserve the experience of the group; and
- to pass it on as best they could to others.

From the very first there was a second kind of meeting which came together every week, on a different night from the ordinary meeting, to reflect on the gains of the latter and to *formulate and preserve what the members found helpful*. It wasn't called a leaders' meeting then, but for the whole of that first year, it did in a very intense way what the monthly leaders meetings do now.

What, in fact, was found helpful? This included:

- attitudes: things like "decentralizing", "being ordinary", "living one day at a time", etc.

- convictions: the three *basic* ones came in that first year.
- Determinations: which made the convictions come alive in action
- Practical helps: “how not to sabotage”, “stabilizing questions to cut through an emotional upset”, and so on.

Some things took longer to come than others. We were going a few years before we changed our 11th Step from an A.A. style to our present one on maturity; and it took us another couple of years at least before we got the “five foundations”. We got four of them first: *Understanding, Acceptance, Confidence* and *Control*. Can you imagine us not thinking of *Love* until another year or so later?

From the groups’ experience the leaders have gone on formulating what they found helpful. This is why the program takes the form it does:

We thought these positive thoughts;

We did these difficult things;

We adopted these healthy attitudes;

We kept at them long enough to be changed;

We found they worked;

We recorded them because we valued them and the precious way of life and happiness they brought us;

We pass them on to you;

They can work for you as they worked for us.

2. The Way is Shown by Leaders

Who is the WE? Every Grower-to the extent that he becomes an active member, helping others as well as himself to find and stay on the **GROW** way.

Leadership is not a position in **GROW** (like that of Organizer) but a function. It goes in degrees of more or less,

When you first come to a group, this is the remarkable discovery you make. Unlike groups run by experts, these groups are your own. You are a *problem-person*, but you find to your surprise that you’re also a *solution-person*. From the beginning you are asked to help as well as be helped, and your help is valued.

The Friendship in GROW has two sides to it; Companionship and Leadership. Everybody can be a friend at the level of companionship, based on shared experience (“I know what you’re going through. It’s like what happened to me”). But then there’s the active or constructive level of leadership (“How about trying this? It worked for me!”). out of these elementary relationships the GROW Program of a Way Out from Maladjustment to Maturity has come.

As you get the Program yourself and benefit by it, you pass it on. Passing it on is part of the Program. The 12th step: *Carrying the Message*. You can carry the

message, exercise leadership in all kinds of ways-in the meeting, over the cup of tea later, or in a personal contact away from the meeting altogether.

While this everyday kind of leadership is going on all the time, there is a way in which a Grower can graduate, so to speak, to a point of *formal group leadership*. Anybody who takes the chair at a GROW meeting is especially the leader at that meeting. He or she embodies the Program and carries the message to the group from the chair . . . not by doing it all himself or herself, but by being responsible for the Program and the leadership at the meeting. It is from these members, as identifiable group leaders, that the *Leaders' Meetings* are recruited, at which the Program is constantly being studied, reviewed and developed.

Whatever progress a Grower may make in life, he should never become so much a *leader* that he ceases to be a *companion*. This is a point for group organizers and executive members. Responsibility and authority do not change their title of greatest privilege, which is that of *friend*. Leadership goes naturally with friendship, because it implies companionship- in a way that counselling, scientific help or authority does not. A leader does not only advise you or tell you a good way to go, he is one who is *going the way you need to go*. You can *direct* from afar and from an outside position, but to *lead* you have to be close and on the way yourself.

3. The Way is Improved by Leaders

That is, the GROW Program is constantly being improved and developed by GROW leaders. As you identify more with the Program and assimilate it, three things happen:

- you improve;
- you are able to *give more to others*;
- you are able to *contribute more to the Program*.

If the Program stops being developed, it stops being alive, for growth is the sign of life.

A GROW area or region has not fully matured until it has leaders preserving their experiences and the lessons learned from them, and leaders' groups who are selecting and condensing and formulating these gains for the benefit of all.

As the 12th Step is integral to the Program, so the authentic or complete Grower is one who:

- knows the Program;
- uses the Program as his personal guide and for guiding others;
- has benefited by the Program and can honestly say he contributes to the Program.

This last-mentioned is done especially by *participation* in leaders' group discussions, *writing down* valuable experiences or lessons (his own, or things learned in group, where somebody has had notable success with a thorny problem),

or finally contributing to the magazine.

Wherever GROW is alive and vigorous (we could say mature!) it is because of two things (which come to the same thing):

- (i) the Program is being used a lot;
- (ii) the leadership is good.

In any group there is always a mixture of *maladjustment and leadership*. According to the kind of mixture, you have a good or a bad group. If the maladjustment prevails, you have a lousy meeting. If the leadership comes to grips constructively with the maladjustment, you get a good meeting. The great difference between a good GROW group and the confused world outside is that we are clearer about where we are going and how to get there.

In the region or state, the leaders' group is the key to GROW vitality. Every leaders' group should be perfecting its members' knowledge and use of the Program and also adding to the general growth of the Program



CALENDAR OF EVENTS

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

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

DATE	TIME	January Events
Sunday 1st	For Mar Issue	Post/email Content for Newsletter to the Centre
Sunday 1st		Post/email Bimonthlies to your groups Evaluators
Saturday 21st *TBC	2:30pm	O & R Meeting

DATE	TIME	February Events
Saturday 1st	For Nov Issue	Post/email Content for Newsletter to the Centre
Saturday 18th *TBC	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.



***To Be Confirmed**

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 aljaw33068@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 charitable thought for all Growers

Grow does not charge members fees or dues, and so relies on grants and member donations to meet operating expenses. If you can afford to please donate to Grow. Donations can be conveniently made via the methods suggested on this website link: <https://grow.org.nz/donate/> Contact the Grow Centre if you would like a receipt or need help to receive a monetary tax credit from the IRD. A monetary tax credit is an extra third of your original donation, which the IRD is willing to donate to Grow upon receiving your request. See the donate page to find the IRD's application form, which Grow would be grateful if you would fill out.



GROW N.Z. Inc.,
PO Box 41-051

I have donated by direct credit \$_____ on ____/____/____

~ or ~

Mt Roskill,
Auckland, 1440.

I have enclosed my donation cheque of \$_____

Name.....

Address
.....

.GROW MENTAL HEALTH COMMUNITY 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

