



A PROVEN PROGRAM FOR WELLBEING

GROW NZ NEWSLETTER

December 2020 – January 2021



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

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GROW SOUTH ISLAND CENTRE
22 MANSE STREET
DUNEDIN CITY
DUNEDIN 9016

PHONE: (03) 477 2871

Email: 2growdunedin@gmail.com

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.*



CHRISTMAS PARTY

SATURDAY 5TH DECEMBER

11:30am Arrive

12:30pm Potluck BBQ lunch

**Please bring food to share and a
gift to the value of \$5.00**



Christmas Group Closures

GROUP	LAST MEETING 2020	FIRST MEETING 2021	NUMBER OF WEEKS CLOSED
Papatoetoe	14 th December	25 th January	5
North Shore	14 th December	18 th January	4
Highland Park	14 th December	18 th January	4
Onehunga	17 th December	14 th January	3
St Lukes (on two lines)	21 st December Hybrid	28 th December Zoom	
4 th January NO GROUP	11 th January Zoom	18 th January Hybrid	1
Thames Tuesday	Zoom Meetings Continue	Throughout	0
Dunedin Mon	21 st December	11 th January	2
Friday Zoom Group	Only closed 25 th December		1

Well folks as you can see some groups are closed over the Christmas holidays due to facilities being closed.

Auckland Office will be closed from:

4:30pm Wednesday 16th December 2020 to 10:00am Monday 11th January 2021

The phone will be on call diversion (calls come through to my cell phone at no cost to the caller) and emails checked daily.

Dunedin Centre will be closed from:

5:00pm Wednesday 23rd December 2020 to 1:00pm Wednesday 13th January 2021

Wishing you all a Safe and Happy Christmas and New Year.

Sandy C-H

Hope is the thing with feathers by Emily Dickinson

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.



Contributed by Kathryn. Dunedin

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin
When he smiled I realized
I'd passed it on to him .

I thought about that smile
then I realized its worth,
A single smile,
just like mine
could travel round the earth.



So, if you feel a smile begin,
don't leave it undetected
Let's start an epidemic quick,
and get the world infected!

- Russell H. Conwell

GROW'S SPF

With summer almost upon us, please remember to get the sunscreen out and use the maximum SPF-sun protection factor-30 to 50- to save your skin.

Grow has an SPF too. It is a Sanity Protection Factor- for those of us using the programme to regain or maintain our mental health or to start on the road to recovery.

Grow's SPF is the Grow programme-tried and proven by thousands of people over many decades as a way back to health from illness or malfunctioning.

We can start by looking at first principles-P7 Blue Book.

Sometimes this is like picking up the sunscreen tube and reading the ingredients and agreeing that this looks good for you. A good idea!

Next are the threes- 3 basic convictions, 3 basic determination, 3 fundamental questions, 3 vital needs and 3 basic changes.

Now we have opened the sunscreen and squirted some of it out. But you need to apply it all over to get the maximum benefit and every time you go out into the sunlight.

We always say slip, slop, slap-slip on some shoes, slop on the sunscreen and slap on a hat. You do this before you go out, while you are out and every time you go out in the sun.

Have you ever gone to the beach, put on your sunnies, sunscreen and togs? Then after a good swim, dried out on the beach, fallen asleep and woke up a red lobster?

Learn to use the Grow programme every day, frequently and conscientiously and you won't be another shrimp on the barbie.

Finally- the programme works and it works best when it is applied thoroughly and frequently.

Have a safe and happy Xmas and remember to slap it on all the time.

Allen-Highland Park group

Step 12: We carried GROW's hopeful, healing and transforming message to others in similar need

Friendship is the Key to Mental Health, Why?

Step 12:9

If a prisoner was asked what he feared most of all, what would be his answer? When in the pursuit of power or tyranny, it has been necessary to break a man's mind and spirit, what means would be employed to do so?

It has long been known that solitary confinement, total isolation from fellow man, or even the threat of it, has an effect so devastating of men as to be virtually unparalleled. What is there about total isolation that is so damaging?

Yet how many of us can recall times in a busy bar, or a boisterous party when we have come to the conclusion that we were lonely, isolated or felt “cut off.”

It is not correct to assume that because isolation is sure to break the mind, that mere exposure to people is a guarantee to build the mind. Even though we may be far from an environment of solitude, what common ingredient is missing from both examples?

The answer: meaningful interaction between human beings – friendship. The lack of friendship is a constitution in unhappiness. Ultimately total lack of it has a significant enough effect to cause a veritable holocaust of mind and spirit.

GROW recognizes this. Friendship is a basic first principle to be grasped, but more than that it is listed as the special key to mental health. Let's examine why. The Brown Book points out “it takes two to make a friendship; you can't have a friendship unless you are prepared to be a friend”.

You cannot say “I am his friend” but you can both say, “friendship exists between us.” Friendship cannot last long or even really exist around one center, it must have two to exist between. In other words you cannot give too much importance to your own part of the relationship, to yourself or your feelings.

So a basic prerequisite for a friendship is at least a certain amount of decentralizing, sharing and therefore giving, which is obviously a reverse of the first stage of decline.

As already mentioned, decentralization is an important step in any friendship. It is also a key in objective thinking. We must have other minds we trust to gauge how true our knowledge or grip on reality is, we cannot always see truth or reality on our own. We all need to follow guidance at some stage or another when our own understanding is lagging at times.

What emerges here now is the close relationship between friendship and the rules for objective thinking. Certain attributes in being a friend are also necessary to objective thinking. This is no coincidence. Truth through friendship; the one remedy takes on a different meaning. Not only is truth offered in the form of friendship; friendship itself offers the ability to see truth by challenging egocentric thinking, preserving a wider picture, how we fit in not where or how things fit in to us

Who better to hear the truth from than a friend? It is more likely that we will accept the word of a friend because we trust that their observations about ourselves are not designed for getting or taking from us. They are seeing us as people, feeling for us, and because they have our welfare and common good at heart we will be less likely to resist.

GROW describes three levels of friendship, one for leisure, one for work or advantage and friends for living. These last are friends in the truest sense. What is the importance of the first two levels?

Mental health is essentially harmony in personal relationship. Could you imagine working where people were absolutely unfriendly? How could you get the knowledge necessary to work smoothly and easily when people's attitudes around you were unco-operative? Is it easy on the other hand to go out and enjoy yourself without friends? Just the fact that we spend eight hour a day at work makes it vital that there is harmony at work. Eight hours a day would be a long time to struggle up-hill without help in a tight atmosphere. How good for your growth would this be?

Almost all lasting friendships start from one of the first two levels. These are the things that put people together in situations. We may work with someone then go out with him/her for leisure and find we have a lot more in common than we first thought and then go on to develop a lasting bond of understanding. The relationship matures and this maturity is shared.

Friendship is shared maturity.

So the friendship in work and leisure is important. This is where we draw our friends for living from.

But the most important thing about friendship is its relationship with the principle of personal value. If we cannot find our own value by what we feel or know it is because our feelings do not allow it, where do we see it?

We see it in the way our friends cherish us. We see our good points in their appreciation of that goodness.

But what they see and value in us, people have the power to reveal us to ourselves. What we share with them is lovingly revealed to ourselves, to quote: “the truest estimate of our value is carried by the person who most truly loves us”.

So to sum up – we need friends to find our truest personal value.

Friends are the mirrors of ourselves in which we see the good we build on.

The word "Friends" is written in a large, bold, stylized font. The letters are blue with a thick yellow outline. The text is slanted upwards from left to right, giving it a three-dimensional appearance. The background is white.

Step 1: We admitted we were inadequate or maladjusted to life

INADEQUACY OR MALADJUSTMENT

Maladjusted

We acknowledge maladjustment in the broadest and deepest sense, which is “maladjusted to life”. And this can be understood to mean mentally and/or socially and/or spiritually out of tune with reality.

Again, the admission of personal maladjustment does not settle whether I have brought up trouble on myself or other causes have inflicted it on me. I could be either in the wrong or sick or both at once. But in any case, it does indicate some established and serious disorder.

Inadequate

This word expresses less my awareness of existing and positive disorder than my inability to establish the right order of healthy living.

“Inadequate” means, therefore, either immature or (at the very least) insufficient on my own. Moreover, since life is a dynamic process and everybody is either growing or declining, inadequacy which has not been promptly remedied is already the beginning of disorder and the seed of eventually serious maladjustment.

Why the word “or”?

Why the alternative admission? Because GROW deals with prevention as well as rehabilitation. To be effective in prevention it is necessary to help people before they reach the point of grave disorder in their minds and lives.

There are many stages of decline before a serious disorder becomes manifest, especially to the person concerned. Accordingly, to require the admission of maladjustment for participation in this program would so heavily weight it toward rehabilitation as it minimizes its usefulness in prevention.

GROW’S constant experience, however, reveals that those who have not suffered a major mental, social or spiritual breakdown, but have joined mainly for prevention or even for greater fulfilment and growth, have nevertheless passed through certain early stages of decline and are recovering from at least minor maladjustments.

As GROW has no way of clearly dividing wrong, sick, immature or insufficient, so we have no clear line between inadequate and maladjusted. Not every inadequate person is

outstandingly maladjusted, but every maladjusted person is certainly inadequate; and every inadequate person joins the most maladjusted at some point on the same way up to maturity.

They have, therefore, one and the same program of adult education, which is at once a program of recovery from personal inadequacy or maladjustment and growth to personal maturity.

While, therefore, the admission of inadequacy is enough for the first step of the Grow program, the groups are at once Grow groups and Recovery groups; and everyone is at once a Recoverer and a Grower.

The important thing for membership is the admission of some real disorder or insufficiency which puts me in need of help in order to learn how to change.

The only person who cannot be helped by GROW is the man or woman who has this real need and does not know it or will not admit it.

I AM MORE DURABLE THAN
VULNERABLE

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	December Events
Tuesday 1st	For Jan Issue	Post/email Content for Newsletter to the Centre
Saturday 5th	11:30am	CHRISTMAS PARTY

DATE	TIME	January Events
Friday 1st	For Feb Issue	Post/email Content for Newsletter to the Centre
Friday 1st		Post/email Bimonthlies to Centre
Saturday 16th	2:30pm	O & R Meeting

DATE	TIME	February Events
Monday 1st	For Mar Issue	Post/email Content for Newsletter to the Centre
Saturday 13th	9:30am	NPT Meeting
Saturday 20th		Community Day

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 (or attend online via Zoom)	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 aljr33068@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 IN RECESS	Wednesday 9:30am	Manukau City Baptist Church 9 Lambie Drive Manukau City		
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	Puna Whakaaro Room Trust Waikato 4 Little London Lane Hamilton	Carolyn	0210517287
Thames IN RECESS	Friday 10.30am	Thames Community Centre, 609 MacKay St, Thames	Sandy	021 049 1360 auckland@grow.org.nz
Thames	Tuesday 10:00am	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
Kaipoi	Sunday 1:30pm	Kaipoi Library 176 Williams St, Kaipoi	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,
Auckland, 1440. 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

If undelivered, please return to:

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

