



Support Groups for Mental Health and Personal Development.

GROW NZ NEWSLETTER

OCTOBER - NOVEMBER 2021



Each person's recovery or growth aids the transformation of the world.

**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
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

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

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.*

**THE ANNUAL GENERAL MEETING
OF GROW NEW ZEALAND INCORPORATED**

Was held on Saturday 18 September 2021 via Zoom

National Program and Management Team

President/Chairperson	Sandy Carter-Hunt
Vice President/Chairperson	Shirley Wilkins
Secretary	Kathryn Davey
Team Members	Lesley Hilford Carolyn Foley Allen Walker Tim Bishop Chas Bennett(ex-officio)

Thank you for entrusting us with looking after your interests in GROW



TRAINING MORNING

Saturday 6th November 10am to 12pm

Via Zoom

Please note we have a special zoom link for this meeting:

<https://us02web.zoom.us/meeting/register/tZcofuCtrjMoHtVxY2a8-48vI8lD1hj45bIV>

We are trying out a new concept that will help us forward any copies of the talks to people that wish to have them, so you will need to register your name and email on the registration page on zoom then it will take you through to the meeting.

(Hope that is clear as mud and people don't get too confused. Sandy)

<p>Mental Health 101 Explore a new direction Four aids to self-care Source: grow.org.nz</p> 	<p>1</p>  <p>Feelings are not facts</p>	<p>2</p>  <p>Friendship is the special key to mental health</p>
<p>3</p>  <p>We are capable of loving and being loved</p>	<p>4</p>  <p>The human person is nurtured through all that is spiritual</p>	

Put on your own oxygen mask first

This article has been inspired by two industry events from 2021 and some life events I have heard of and experienced. At the Master Joiners Conference in Hamilton, we were privileged to hear Mike King speak about mental health, in a way only he can do, particularly men's mental health. The engagement of the audience and the conversations after Mike's presentation demonstrated the underlying awareness, concern and need that exists among us.

In Wellington, at the NKBA conference, Nathan Wallis, a Neuroscience Educator spoke to us about the human brain and how different parts of the brain control our body's response to the environment and how stressors in life can trigger emotions, neurochemicals, hormones that ultimately affect our behaviour and how to learn and respond to the world around us.

The focus on mental health during the last decade is helping. However, in NZ, too many people still die by suicide. Many others continue to struggle in life with internal challenges, depression, anxiety and stress. However, more people are now receptive to seeking help. I believe we all have a responsibility to recognise and aid this process as appropriate.

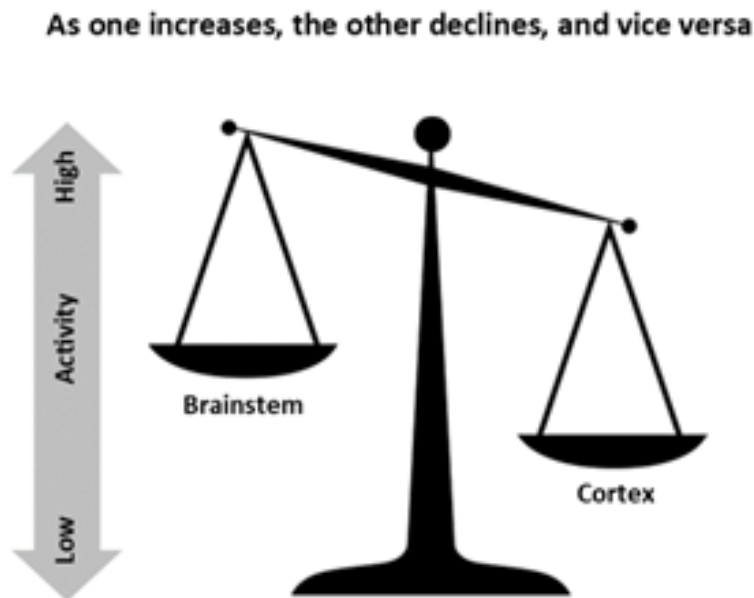
As business leaders we often take on more in life than is necessary, sometimes to overload. We think we must be strong and be in control of our emotions.

We rarely take time for ourselves, and we suppress our feelings and emotions and "push on" being tough and continue to "work hard" because that's what we think we "should do".

I will summarise one of the concepts from Nathan Wallis: Humans are the only mammals with the ability to have conscious thoughts, apply reason and learn languages and music. This part of our brain (Cortex) is what we use to solve problems, develop relationships, make conscious decisions, train each other, most of the things we aspire to do well at in business. However, suppose the rest of our brain (brainstem), which other animals possess, is activated and we are stressed. In that case, we are essentially in a state of high alert, ready to be triggered into the fight, flight, freeze mode, into anger, violent language or violent behaviour, withdrawal, or to completely freeze.

If humans are in this "stressed mode", then the brain stem is ruling the moment. The cortex is essentially "turned off". In this state, logical reasoning, thinking, rational choices, brain development and learning are impossible. So, children and adults in this state cannot respond in the way you think they should. In addition, they cannot absorb, understand, or learn anything at all whilst remaining in this state.

To illustrate, Nathan described a pair of scales, with the brain stem on one side and the cortex on the other; as one increases, the other declines. If the brainstem is activated like the illustration below, then the cortex is essentially turned off.



So how do we practise some form of mind control? You may have noticed your awareness of this already, through publicity and from others who practise some kind of mindfulness, meditation, yoga etc.

You will also notice that schools are educating families on this subject. In some countries, it is already an established daily routine in school and at home.

A great start is to recognise and observe this happening in ourselves and then practise calming our brainstem to achieve a more helpful, healthy state of mind.

With practise, we will develop the ability to show compassion and reasoning and to deal with and lead others in a much more meaningful, helpful, and effective way. The effect on others and the culture of our organisations will be of enormous benefit.

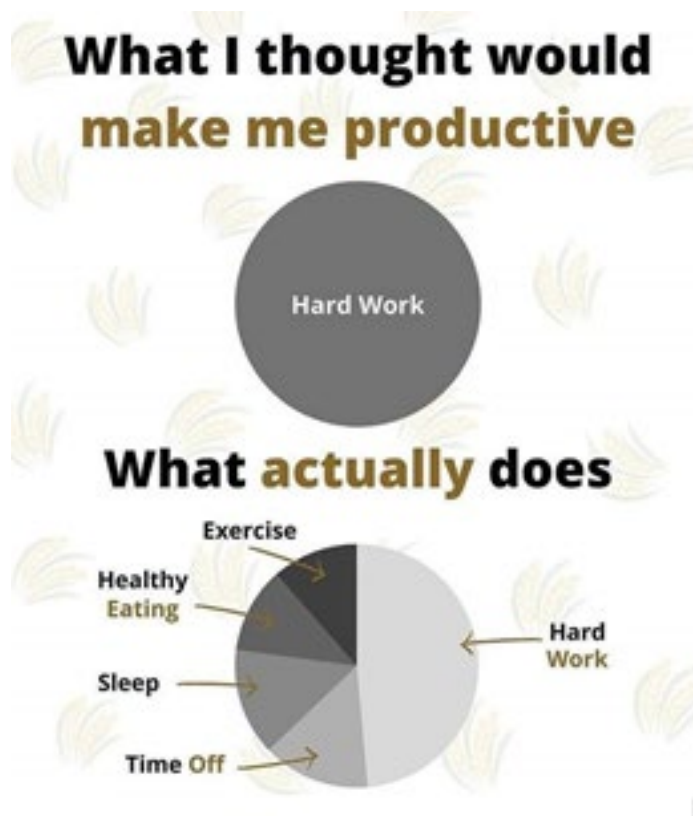
“When angry, count to 10 before you speak. If very angry, a hundred,”

Thomas Jefferson

Conscious breathing, relaxing activities, and some music can calm and decrease brainstem activity and allow a state of clarity to exist. The result will be clearer thinking, control of emotions, and sharp wisdom, ultimately leading to a healthier, fulfilling state of being.

Of course, this takes practice, discipline and making time for yourself and overcoming negative thinking and behaviour that can become barriers to something that is 100% in our control. We already know this, so I challenge you all to make some small change to benefit yourself, then those around you will also benefit.

If we look after ourselves first, we will be in a much better state to do what we wish to do; achieve, train, help others, make a difference, create a great culture, and ultimately be happy.



Submitted by Ian (Friday Zoom Group)

Haiku

Haiku is a Japanese form of poetry, consisting of 3 lines, with 5 syllables in the first line, 7 syllables in the second line and 5 syllables in the third line.

Here are some Haiku poems by Dave the 2nd from the St Lukes GROW group for sharing with other Growers all over NZ:

"Stoic"

Work makes body strong
Difficulties strengthen mind
Exercise the whole

"Growing in the wind"

In desperate need
Praying for the help I crave
Us caring for we

"Growing up"

The wisdom of love
Makes a strong mature adult
Love wisdom for all.

"Right or wrong"

You have nought to lose
Keep your cool if you are wrong
Be humble if right

Submitted by Dave the 2nd (St Lukes Group)

GROUP DYNAMICS

The study or use of the process involved in a group interaction.

The weekly Evaluation sheet lead by the Recorder relates to this interaction. Group dynamics describes the way in which people in a group interact with one another. When dynamics are positive the group works well together. As a Prospective Grower, coming into the group will be a new experience. It could that the only group they have been in is a school situation, or a work smoko, or perhaps a course where the one on top has been the teacher. A Grow Group is a new experience. When the dynamics are positive the group works well together. Using the Group Method keeps us on track and we realise that it is not just me or you but us.

Positive Dynamics

Commitment to a journey of personal growth and change

Striving to see things as they really are

Trusting in the support of fellow Growers and a spiritual power

Caring and sharing

Listening

Evaluating soundly

Becoming objective rather than subjective

Giving and doing practical tasks

Challenging in a caring way

What causes poor group dynamics

Weak leadership or not being supported while learning

Lost focus, not following the Method

Often disagreeing with the Program

Critical of other's views

Withdrawing, not participating in discussion of reading

Dominating a session

Introducing humour at inappropriate times

Not applying the Program

Leaving it to others "social loafing"

Submitted by Patricia (Nelson Group)

TRUST, CONFIDENTIALITY AND GOSSIP

We recite the Commitment at the beginning of every group meeting. In doing this, we make several promises to one another. One promise is to protect the **confidentiality** of the meeting. Also, we confirm that we **trust** one another. Do we take these important statements seriously?

First, let's consider why confidentiality is important. Why should we keep our commitment to one another? The integrity of the group and its members need to be protected. For some of us, it seems risky *to trust one another with the secrets of our hearts*. But we speak up anyway because we trust that we are safe in our group and can count on our group friends. If the group trust is betrayed, group members may no longer feel confident about revealing personal problems.

Why do any of us gossip and betray confidence? Maybe we want to impress our peers and feel important. Or perhaps we want to hurt a certain person, so we target that individual with our talk. Some of us may gossip out of habit or simply because we like to hear ourselves talk.

The person who speaks carelessly or irresponsibly outside the group is not thinking about the consequences. Revealing persona; secrets hurts innocent people. When we gossip, we are disregarding the truth and value of another individual. Also, gossip can be a form of bullying, and bullying is never acceptable.

Gossip, whether through the social media or among our peers, seems safe and easy because we can usually remain anonymous. But we aren't as safe as we think we are. We may remain anonymous, but we are still responsible and personally affected by the choices we make.

If we have broken someone's trust, the damage can often be repaired. First you need to recognize you made a mistake and then take responsibility for correcting the wrong. Begin by asking forgiveness of the person you have hurt and also by forgiving yourself. Little by little, you may be able to heal the damaged friendship or family relationship.

If you are the one whose trust has been broken, you can recover. Let time pass, ask for help, be forgiving and take careful risks. In some cases, you may not be able to trust the person who betrayed you, but you can build new and more dependable friendships/

Every one of us can get past betrayal and move forward. All we need is a little courage, and the openness to new possibilities.

LOOKING BEYOND THE EASY ANSWERS

Many of us yearn for the safety and comfort of easy answers. We want things to be simply black and white, right or left, good or bad. But rigid beliefs will never bring us the security and freedom we long for. If we insist that **we** are so right while **they** are so wrong, we exclude both ourselves and others from full participation in life. The attitude, “My way or the highway” will ultimately leave us isolated and alone.

It has been said that the opposite of love is apathy. Perhaps love’s opposite is also rigidity, the refusal to extend ourselves beyond the false comfort of our own narrow beliefs. Fixed certainty feels safe but leaves us closed off to the whole picture of life. In fact, it chains us to our own ignorance and stifles true understanding. As Socrates said:

the unexamined life is not worth living.

Each person is uniquely complex; so too are human situations. If our greater intention is to think and act with wisdom and love, then we need to look for the whole picture and avoid the extremes of black and white. We need to search for the shades of grey, surrendering our certainty to the adventure of openness. Wise discernment of the truth about situations, events and people requires much more than unstudied reactions and rash judgement. It requires quiet reflection, shared understanding and the humility to admit that we could be wrong.

To build a reflective life – in solitude and with others – is to release ourselves from a trap we built ourselves. Through personal and shared reflection, we can discover a wonderful new dimension, not opposite to wrong or right, but one existing on another plane altogether. We will call this dimension the *constructive third alternative*. On the alternate plane, we are free to consider the shadows in a new light, to rest among life’s mysteries and remain open to wide differences in perspective and understanding.

Many of us acknowledge there are absolute truths, but we also know that we can’t discern these truths easily or quickly. Truths can’t be memorized out of books, digested through lectures or determined simplistically. In short, there is no uncomplicated path to the truth. Discernment of truths, insofar as we are humanly capable, requires **the consistent, active choice of courage and love as the only answer**. And it requires the humility to admit that we cannot know every absolute answer- because we are limited by our humanness.

Now, ask yourself if you are ready to surrender your fear and pride and extend yourself beyond your safe fences. If you are, then begin by examining the source of your inflexibility. First, ask yourself the following:

Did I learn by imitation when I was very young? Did I learn by observing parents, siblings or peers? Was I influenced by my church community? Are my old ways of thinking still working for me? Or are they blocking my participation in life? (Goldman, 2003)

Next, ask yourself: *What do I stand to lose by resisting my impulse to judge? What am I actually risking if I admit that I could be wrong, at least some of the time? Am I now willing to move forward and extend myself towards those who appear to be quite different from me? Am I ready to “include others as equals in a God-centered and growth-oriented perspective”?*

You have summoned the courage to ask yourself some essential questions. Now you and I can begin our common journey into the mysteries of life. Through meditation, prayer and shared reflection, we can look forward to a gradual transformation – from separate lives restricted by fear and ignorance to shared lives expanded through the revelations of a Loving Universe.

Steps to Recovery By Carol Mussey

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	October Events
Friday 1st	For Nov Issue	Post/email Content for Newsletter to the Centre
Saturday 2nd	2:30pm	O & R Meeting Via Zoom
Saturday 16th	9:30am	NPT Meeting via Zoom

DATE	TIME	November Events
Monday 1st	For Dec/Jan Issue	Post/email Content for Newsletter to the Centre
Monday 1st		Post/email Bimonthlies to the Centre
Saturday 6th	10:00 – 12:00	Training Morning via Zoom
Saturday 13th	9:30am	NPT Meeting
Saturday 20th	2:30pm	O & R Meeting Via Zoom

DATE	TIME	December Events
Wednesday 1st	For Feb Issue	Post/email Content for Newsletter to the Centre
Saturday 4th		Christmas Party To be advised

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	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 aljaw33068@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 10:15am	Onehunga Community House 83 Selwyn St, Onehunga	Steve	021 255 3630 stevepnesfield@hotmail.com
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.**

While in level 3 some groups are meeting on Zoom please contact the contact person for details or email Sandy at auckland@grow.org.nz

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	
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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

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

