



Support Groups for Mental Health and Personal Development.

GROW NZ NEWSLETTER

SEPTEMBER 2021

Maturity
is not measured by age.
It's an attitude
built by experience.

Maturity is a coming to terms with oneself, with others, and with life as a whole.

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

WILL BE HELD VIA ZOOM,

At 10:00AM on SATURDAY 18 September 2021

AGENDA

1. Welcome and Prayer for the GROW Community.
2. Minutes of AGM 19 September 2020
3. Formally adopt President's Report
4. Formally adopt Annual Accounts for year 1.7.2020 – 30.6.2021
5. Formally adopt Annual Report for year 1.7.2020 – 30.6.2021
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.





An expression of interest is sought for a new Online Grow group.

An Organiser is proposing to start a new online group and would like some willing members to join with her. It will be an evening or weekend group. A suitable evening during the week, or during the day or evening in the weekend. There are currently two Zoom groups operating satisfactorily on a Tuesday and Friday, but these are weekdays in the morning and afternoon. Zoom groups that are held during the day may be inconvenient, for example, exclude anyone working a 9-5pm job. An evening or weekend Online group will soon be a popular and complimentary alternative, especially for members living in parts of NZ where they are living too far away from an In-person group.

Please direct your offer to volunteer or further enquires to Shirley 027 565 6556.

CLOSE PERSONAL RELATIONSHIPS

A quarrel can be a great cementer of a close relationship. For, until friends or a couple have quarrelled, they may live in dread of it and in too much anxiety over the tokens of agreement or mutual dependence that they have. A real breach, in which justifiable anger has been expressed, when followed by an eventual making up, gives a tremendous sense of security to a union of love. The loving persons think: our love is surely strong, because it has proved it can survive such a terrible quarrel. (This is like the security so many of us experience after really recovering from a severe mental breakdown. We feel more immune now, *because* we have broken down *and recovered!*).

Two things commonly stifle a developing heart-to-heart relationship: -

1. Insatiability - in other words, emphasizing what *isn't* in the growing communication. Endless complaints about "the barrier that seems to prevent you from communicating more fully with me (or opening up to me, or confiding in me)". This often kept up without the person voicing it being aware of the built-in limitations of his own (or own) powers of communicating and sharing.

It stems from the subtle egocentricity which would turn one person simply into an object for satisfying the emotional needs of the other, instead of a true friend and an equal. The consolations of friendship become the main quest, instead of the true welfare of the friends. (This is analogous to the physical intimacies in which person on the other end, so to speak, of the kiss or the sexual act is lost to sight in a greedy enjoyment of the physical sensation for its own sake. In the spiritual life, it is paralleled by those who, in the language of a saint, "seek the consolations of God rather than the God of consolations".)

Continuous complaints of this kind *drain* the person who is the recipient of them, for there is often no way of meeting the complainer's demand. Generally, one who complains in this way is putting all their eggs in one basket and expecting their friend to be an inexhaustible supply for their needs - in short, to be what only God can be to them. Mostly, too, such a person has failed to centre his or her affections on God, and so hasn't learnt the basic lesson that love is meant to teach us - namely, that its true home, and every loving heart's true treasure, is in the unfailing love of the Infinite Being in whose embrace we all live out our limited lives - with their limited resources for meeting even one another's real needs, let alone anyone's unreal demands.

In any case, unless this pressure to satisfy indefinite needs and unlimited desires is stopping, it will tend to close up the heart of even the most loving friend in sheer defence of his or her own emotional peace, and as a counter-protest on behalf of the ordinary rational conditions of friendship.

In other words, when someone is protesting in this way against "barriers to communication" in one who is clearly a loving person (because acknowledged by other good judges of character to be so), there are sure to be due limitations, and good reasons for them, in the situation. Almost certainly, it will be the truly loving person's justifiable reaction to the undisciplined emotionalism, the insatiable claims and the threatening dominance of the one complaining.

2. The other chilling and destroying factor in any close personal relationship is one of the person's ***continual harping on the burdens rather than the blessings*** of their closeness. The true effect of friendship is to keep your friend habitually aware that he or she is - ***with whatever incidental faults and failings*** - still a profound and steady source of happiness to you. But there are some people who, no matter how close you come to them, will never give you the satisfaction of letting you know they are at home and happy with you. Or, if they do from time to time, or even fairly often, they then foolishly undo the good of this by still more often reminding you of the heartaches and upsets and veritable torments you cause them. In short, they make you feel that your love is a great burden to them, which is just another way of saying that mostly they dislike you because you cause them so much suffering.

By not keeping their self-centred ego quiet, by indulging first and then airing their maudlin self-pity over the built-in conditions of closely shared living, they are undermining, and they run the risk of destroying, love in proportion as they are blessed with it. In fact, if their active reactions come up to the level of their pining and complaining, they will eventually precipitate a break in the relationship. And, so far as any willingness or resolve on their part is concerned, it will remain broken.

For only a major breakthrough of humility and common sense from their side, and an extraordinary display of generosity on the part of the other person, will manage to heal and restore it.

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	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 18th	10:00am	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

DATE	TIME	November Events
Monday 1 st	For Dec Issue	Post/email Content for Newsletter to the Centre
Monday 1 st		Post/email Bimonthlies to the Centre
Saturday 13 th	9:30am	NPT Meeting
Saturday 20 th	2:30	O & R Meeting Potluck Social

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	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 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.**

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., 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

If undelivered, please return to:

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

