



NEWSLETTER

QUEENSLAND BRANCH

A PROVEN PROGRAM FOR MENTAL WELLBEING

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Truth ~ Character ~ Friendship

Everything Old is New Again

The National Support Office have recently appointed two new members to the Marketing Team. Karen Plitt and Michaela Mohr who have joined Liam Morland and are working on new marketing and fundraising strategies for Grow nationally. The initial part of the strategy will be new branding for Grow and updating our Website and Facebook page.

As well as this, the Get Growing Program, that has been piloted in South Australia and the Northern Territory, is about to be rolled out nationally. Get Growing is something Growers have been asking for, for a very long time. Julie Ling has been employed by the National Support Office to implement the 10 week Get Growing Program which is run in schools for young at risk people. The first Get Growing Program in Queensland will be trialed at Cannon Hill State School in the week commencing 10 October 2016.

This is an exciting time for us all as we look to the future.

Queensland Branch is also working on some new strategies to boost our capacity. We have partnered with Max Employment to offer up to six months of work experience to long term unemployed people. We plan to have three people helping out in the office and two in the Community Garden.

Aron joined us a few weeks ago bringing an expertise in IT. He has been invaluable as we have undergone the national change-over of our IT and telecommunications systems. We are pleased to announce that through this volunteering with Grow Aron has been able to secure a position with a company that is a friend of Grow.

Allan is a young man with a passion for event management, social media and design. We will be show-casing some of Allan's talent in the next newsletter as it is undergoing a revamp. Watch out for the next issue for a new and improved Grow Queensland Newsletter!

Read about Jess on page 4 and if you need to meet Centrelink obligations by volunteering for a Community Service Organisation please contact us at the Grow Centre to see how we may be able to assist.

WINTER/SPRING ISSUE 2016

Grow is a not-for-profit mental health organisation with a 12 Step Program of personal growth, incorporating the principles of mutual help and peer support. **Grow** began in Sydney in 1957. The **Grow Program** is holistic, incorporating principles for mental, social and spiritual growth. There are no fees or dues and no introductions or referrals are needed. Group meetings are confidential and attendees can remain anonymous.

Grow's values:

- **Personal responsibility** – We have a duty to do what is right and ethical and to take responsibility for our actions.
- **Personal value** – Every person is valuable and has their unique place in the community.
- **Mutual help** – By working together, learning together and sharing experiences we help one another to grow to our full potential.
- **Friendship** – Through companionship and leadership we develop trust and hope, we break down barriers and we gain the courage to change and grow.

You alone can do it but you can't do it alone

Personal Testimony

What led me to Grow? (a few of the significant challenges that destabilized my life)

I have a history of mental illness. During my school life, I always felt that I did not fit in with the rest of the kids. The teachers thought I should be in an institution. My behaviour was not ordinary for a young child. Most of my adolescence was full of fantasy. I believed anything that sounded good to me. I started to use pot in my teenage years. This encouraged my hallucinations.

By the age of eighteen I was completely lost and subsequently had my first major breakdown. For years it was one psychotic episode leading to the next. I did not grow to know about adulthood or what it meant to be ordinary. I can see now that I had lost all insight about my mental condition and the circumstances I repeatedly faced (BB P12, Stages of Decline, Point 12).

After working on my problems for about five years in a rehab centre I came out of my illness. I got to know my wife who had become my best friend. We married and we were the happiest we both had ever been. With my wife in my life I was able to hold down a demanding job for ten years.

Eventually I retired. About ten years after stopping work I became unwell again. If it was not for my wife during this time I believe I would be dead now. She was with me through every up and down and whatever fantasy I was in. In 2012 I sought professional help and saw a psychiatrist I had not seen before. The doctor suggested I give Grow a try. I knew that I needed to give my wife a better life and I was at desperation point.

It was the return of my disorder and my psychiatrist's suggestion that led me to Grow.

What it was like attending my first meeting, my initial impressions?

The group made me very welcome. The Organiser was such a warm person. The Growers were all working on their issues. It is not clear what happened at the first meeting but I was feeling good and all the members were very polite.

My first impressions with the meeting were very positive. I was accepted and was told that I could get the help I needed. I did not talk about my issues at that first meeting as I wasn't ready for that. I came away feeling full of hope and looking forward to giving my wife the good news. My practical task that week was to come back the next week, which I did.

What helped me?

For a practical task I studied parts of the Blue Book that I was able to get immediate help from. I found that by doing this study I was able to cement answers that I had been looking for all of my life. My wife became very impressed with the people in my group as she gradually got to know them. She found that since I was going to Grow I had started to get better. I felt that I had found the tools to help me reach maturity as described in the Blue Book (BB), on page 14 "Maturity".

By enjoying the company of Grow friends that came to the group socials I began to accept myself as a person with a mental illness. Going to meetings at the Grow centre and going away on the Community Weekends gave me more confidence in how to live my life. I began to develop a more objective understanding of life and people. I used the wisdoms from the BB, especially the "While Recovering" points on page 27, focusing on "Decentralise from Self (Point 6), "Practice being Ordinary" (Point 8), and "Don't Make Personal Issues Out of Problems of Adjustment" (Point 10).

As mentioned above I was developing a more objective view of the world by questioning my feelings, as well as becoming more interested in the people and the things happening around me, external to my thoughts. I had gradually gained enough insight to realise that a lot of the time I mainly thought about me and that this was at the root of my illness. I saw that I needed to stop being self-centred and start thinking of others and what was happening outside of me. Learning some skills and achieving some insight allowed me to take control of my feelings and become the boss of my life (First Keys for Understanding Feelings, BB, P24 - each point).

How did I start changing?

After some time in Grow, my wife started to attend a Grow group herself and she also started doing volunteer work at the Grow centre. This was very helpful to her and it was a great encouragement to me to see how Grow also benefited her. Grow became "addictive" and I started to find that things were changing. I started to become a lot busier and that was enjoyable. Each time I became bogged down with problems I could always find answers from the Grow programme. The relationships I developed within Grow became a real stabilising effect on me. I started to become strong. At this time I related a lot to the wisdom of "Bedrock", BB P28.

I had found the tools to help

If a thing is worth doing, it's worth doing badly — for a start and while you're improving.

Personal Testimony

What kept me going to Grow?

Eventually I was asked to become the Organiser of the group. Initially, while I thought I was not ready for such a gigantic step, the invitation made me feel appreciative that the group had confidence in me and believed I was capable of fulfilling this role. It helped with my personal value.

Unfortunately, and yet fortunately, several weeks later I became overwhelmed with the responsibility and found myself in another psychotic state which created problems of delusion and ego inflation. Thankfully a couple of members in my group realised that things were out of control for me and they talked to me. With their help I was able to realise and admit to "personal disorder" in my life (BB Step 1, P13).

As the group as a whole were very pleased with my service as an Organiser, I did not stop my efforts in this role. The group asked me to practice "decentralising" and "being ordinary" (BB Six Guidelines for Objective Thinking, P22). After 12 weeks, I started to become strong again and I realised that Grow was definitely meant for me (A breakdown can be seen as a breakthrough).

I still have my off days, but that's ordinary

How I have changed now and what the future looks like?

Focusing on the common welfare of the Group and to become more objective in my thoughts has stabilised my stress level ("Decentralise", BB P50). It has also balanced out my mood swings and the hallucinations are no longer controlling my life. I still have my off days but that's ordinary. I am now in the process of my will taking control of my life (More Grow Principles BB P36, Point 17 - "Community").

What am I currently working on?

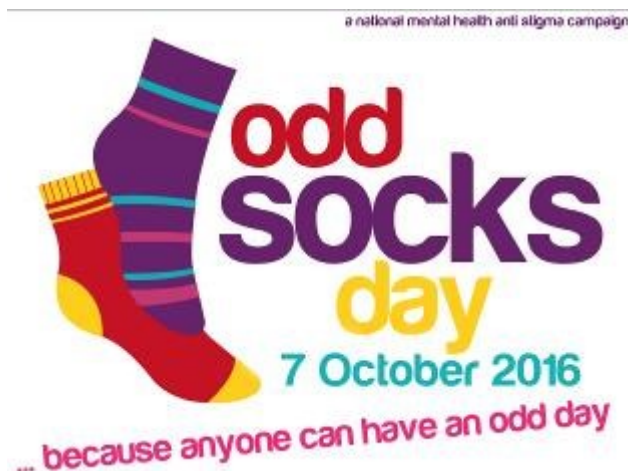
The group has helped me to take a decentralising attitude towards life, knowing that I am not acting alone. I have a common bond with all truth seekers. We are all linked together to make our lives ordinary and good. I am keeping occupied and am balanced as not to be a lopsided **doer** - I make time to think as well as being in touch with my feelings (Whole Persons, Blue Book, P30).

The best of life, love and happiness is ahead of me (Some First Principles" BB P15 - 16, Point 6 "Hope").

**Howard
Ipswich Group**

Sharing your testimony is a way of carrying "Grow's hopeful and healing message to others in need". Talk to a seasoned Grower or your Fieldworker if you'd like an opportunity to send your story of growth to the Literature Team to be considered for publication.

What are you doing on...



Register on line at www.oddsocksday.org.au or go to the Odd Socks Day Facebook page

I am more durable than vulnerable

Community News



The Grow Centre Community Garden



Jess, an new volunteer came and helped out in the garden for 15 hours per week while waiting to find employment. Jess was a great worker and Keith was able to have a well earned break.

We had a bumper crop of pink broccoli and now have silver beet ready to harvest, along with turmeric and ginger. The coriander is going mad and tomatoes and carrots have just been planted.

Jess has now been successful in finding employment but promises to come back and help out once settled in.

Thanks Jess

Why single yourself out for especially harsh treatment?

Reports on Progress

Bundaberg News

We are now heading towards our second birthday in October. Helen's enthusiasm and hard work as organiser continues to encourage us as we slowly increase to our present number of 6 regulars.

The Group Method Card enables us to stay on track through our meetings and provides the much needed structure that we depend on.

The 12 Steps are never far from our minds as they are both the guiding light for our meetings and for the day to day living of our committed Growers. Our Community Outreach which relies on Step 12 "We carried Grow's helpful and healing message to others in need" can become

difficult at times, when the relevant organisations do not see the need to allow us to reach those who need us the most. So for us, we are constantly seeking innovative ideas to open doors to both those in need and their carers.

Our Caring and Sharing Community is a work in progress incorporating our new members as they present. Our 12 step calls and group socials are integral parts of supporting each other and developing friendships. These are held in different locations across our area.

Our members cover a wide range of ages and backgrounds with a diversity of challenges. As a result, we have the opportunity to encourage ourselves and others that friendship encourages maturity in many aspects. To

become part of the wider Grow Community our Recorder, Barb, has joined the Newsletter Team and is hoping to contact different regions for updates on what other Grow Groups are doing. It becomes too easy to isolate as individuals let alone as groups. Being a Regional Group we have not had regular visits from a Fieldworker and up till now have relied on our Organiser to disseminate any information from the Grow Centre.

We wish you well for the coming months and remember the wisdom "Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead, just walk beside me and be my friend." BB P25.

In friendship, **Bundaberg Group**



**WALK FOR
AWARENESS**

9 October 2016

Help to raise funds for Grow

**Captain Burk Park
Kangaroo Point**

7:00am

Discounted registration for Growers
Call the Grow Centre for details

The best in life and love and happiness is ahead of me

Leadership Paper

The reason and need for confidentiality in Grow

The practice of confidentiality in Grow allows; seasoned, progressing and new growers the opportunity to develop and build trust. When this atmosphere is created, it produces a safe and comfortable space in which people can “tell the untellable” (Grow wisdom BB P49). This may be the first time for many Growers. In a group where confidentiality is genuinely practiced, growers need not fear judgement, shame or embarrassment from their story being repeated outside of the group.

At the start of every meeting, right there at clause one of the Grow Commitment, (BB P4) a Grow Group agrees to respect the confidentiality of the meeting. Everyone present is required to abide by it.

**Everyone present
is required to
abide by it.**

Many of us come to Grow having learnt not to trust people. We have isolated ourselves for many reasons, and may also have been isolated by our family. For whatever reason - and in Grow we don't place blame for where we are now - we have learnt not to trust life or people. If we reflect on our own early experience of meetings, we are reminded of what a difference it made to be invited so compassionately by genuine, ordinary people to share our struggle. Every day, troubled people, wounded by life, muster up the courage to attend their first meeting. It makes all the difference, as it did for us, if they feel safe enough to begin to share, when they are ready to. To do this they have to bare their inner being to other growers in the group. They are told they can do this with confidence that what they say will be treated with the utmost respect and consideration.

What we share with the group today may be the first time we have told about (for example) how our father hit us or our brother touched us inappropriately. Or it may be that time we soiled ourselves and how deeply ashamed we were, or the times we were ready to commit suicide. This is the beginning of a whole new life of outgrowing the things that have had us trapped and stuck for so long. It is also the start of learning to trust other people with our secrets, and finding that others share similar secrets.

It can all go so badly wrong if a careless person mentions something they should not, to another group member. It may be that a grower has a particular shyness toward a group member and may have felt able to share their secret to the group last week because that grower was not present at the meeting. Or it may simply be that, having shared last week, they are now feeling very exposed and raw and almost gave Grow away because of this. But have come back feeling shy and not wanting to share anymore. For any Grower to raise that secret in following meetings without the person being ready

to discuss it further, risks undoing all the growth achieved and the person leaving the group.

Any sign of gossip is destructive. So when people share something this week, make sure they are

ready and willing to raise it again in group, before you say anything specific about it in group. Don't talk about it outside of the group. And only share it out of group with your fieldworker if necessary.

It may not be appropriate to re-share a problem when giving a progress report. A grower does not have to explain why they had a particular task to perform and Program to study. If the week before, for example, they shared for the first time how they cut their wrists and waited to die, they don't have to retell any of that if they don't want to. It is no one else's place to share that story of suffering except the person's themselves. To report on progress, the person need only say, for example, yes, they did the task of focusing more on the positive and read the Program of self worth that they were given, without retelling the problem.

It is feeling safe enough to talk that brings people back to the group. That is why the commitment to confidentiality is at the start of every meeting. If a group meeting has this as a foundation to their group interactions, if all work together to build this space for members to share then it can build true group unity. But this can only happen if all respect the confidentiality of the meeting.

This is the first Leadership Paper to come from our newly formed Literature Team. This paper is a combination of three papers submitted to the Brisbane North Leadership Meeting.

Emphasise what is rather than what isn't



Melbourne Cup Lunch

Tuesday November 1

From 11:00am

Chicken & Salads plus Dessert,
Punch and Nibblies

\$12.00 per person

Sweeps and prizes for Best Hat
Male and Female

RSVP Wednesday 26.10.16—Ph: 3394 4344

Quiz Night

The Winners

**Everyone was a winner just by being
there and having a great time!**

1st Place went to the '*Pink Ladies*' - Emi from Chermside, Suzie from HP Tuesday AM, Luanne a past Grower / Staff member and her Mum.

2nd Place were '*Nearly There*' - Barb and John from HP Tuesday AM along with Liam from the National Support Office and his friend Dean.

Coming in 3rd Place were '*Flower Power*' - Joan, Marissa and Charmaine from Chermside.

Best Dressed were the '*Pine Cubes*' - Carole, Jessie, Terry and a family friend from Pine Rivers.

Best Art was awarded to '*The Onesies (to beat)*' - Ross and Emma from West End and two of Emma's friends.



Clear understandings make long friendships

Creative Corner

The Grow Tree

Painted and donated to the Grow Centre
by Barb from Holland Park Tuesday
AM Group.

Barb only began painting when Art
Classes started at the Centre last year.
The Grow Tree is a depiction of three of
the four Essentials Features of Grow:

The roots represent the **Program**

The trunk represents the **Group Method**

The foliage represents the **Caring and
Sharing Community**



Annual Branch Conference

Saturday 12 November 2016

10:00AM for 10:30AM Meeting

Join us to look back on the challenges and
achievements of 2015 – 2016

**And stay for the Raffle Draw
and
Sausage Sizzle**

RSVP Monday 7 November 2016
Ph: 3394 4344 or E: qld@grow.org.au

Minimise excuses, criticism and complaints

Milestones

30 Years in Grow!

Ross from the West End Grow Group this year celebrates 30 years as a Grower.

Over the years, Ross has amazed everyone with his ability to memorize the Blue Book, and seems to know all the songs and musicians of the 50's and 60's.

Ross would do big cook-ups and invite everyone to his place to share the feast. He made the most delicious apple pies and he always has a joke to share.

Over the years Ross has attended several different Grow Groups and his journey of growth has been an inspiration to many along the way!



Grow turns 60 in 2017; 60 years of bringing Grow's hopeful and healing message to thousands of people throughout Australia, and we need to **CELEBRATE!!!**

Planning starts now, if you are in a regional part of the state **please** start talking about how you can celebrate this milestone.

For those in South East Queensland the first 60th Birthday Planning Meeting will be on **9 November 2016 at 3:00 pm**

Please come and help us plan a celebration to remember!

Why single yourself out for especially harsh treatment?

Organisers and Recorders Training

On the week-end of 26, 27 & 28 August, Organisers and Recorders from Southport to Cairns out to Roma and everywhere in between, came together to learn more about the Grow Program and our roles as leaders in the Grow Community. This was the first O&R Training I have attended and I found it to be informative, inspiring, tiring and motivating! It was great to meet Growers from regional areas and hear how other leaders use the Program. We also welcomed Maggie an Organiser from Darwin.

NT Grow joined QLD Training activities this year as they are too small to hold their own. This is another opportunity to broaden our horizons and 'carry Grows hopeful and healing message to others in need'. Below is an excerpt from a presentation by Alison from West End on Grow's Caring and Sharing Community.

Robyn
HP Tuesday PM



Some of the 35 Organisers & Recorders who attended the 2 day Training camp: Back: Jean-Mackay, Jenni – Roma, Leonie-Roma, Phil-HP Wednesday, Vicki-HP Tues AM, Terry-Pine Rivers, Louis-Bne Sth FW. Middle: Alison-West End & BPT, Karen-BPT, Sandra-Mackay AM, Frank-Southport, Allan-Mackay AM, Carole-Pine Rivers Front: Howard-Ipswich, Ellanor-Rockhampton, Maggie-Darwin, Andrea-Rockhampton Robyn-HP Tues PM & Branch Secretary, Sean-Cairns, Di-CNQ FW

We say in Grow that '*Mental health can't be taught, it has to be learned together*', in community. (BB P43)

'Leadership in Grow is really a journey both of self-discovery and of the revelation of the worth of others, in and through community.' (Irish Leadership Course P5)

Living in community begins with the individual/me/us, through taking my commitment to the

Grow program seriously, by conscientiously applying it to my life and my growth journey towards maturity, by learning to decentralize from myself, by learning to see value in others and to love and care for them no matter how unlovable they might be, by 'learning to think by reason rather than by feelings and imagination' i.e. to live rationally, by learning and practicing reciprocity and mutuality, by

learning to connect on a deep heart level with other human beings, by learning to be authentic and open, and by growing in my capacity to care and share i.e. by learning to **love**, both myself and others.

Alison
West End

Often renew your will to change

Regard for Others

We wish to advise our Grow Community there are a number of changes in progress at the Grow Centre.

Changes to the IT system and telecommunication service provider means that we are not able access any **voice mail messages that are left**. Please keep calling during office hours (Monday to Friday 9am – 5pm) until a person takes your call, or send an e-mail to qld@grow.org.au. We will let you know when this issue has been rectified.

It has been a very busy time at the Centre as we prepare for and attend the weekend Community Camp – Camp Bornhoffen, continue Outreach work, planning and preparation for Odd Socks Day, Melbourne Cup Lunch and the ABC (Annual Branch Conference). We could not manage this without the support of our wonderful volunteers and the wider Grow Community.

During this busier than usual period, and as we go through these changes together, let's remember -

Our Grow Principle 11, Regard for Others (BB P33)

'All problems are, in the first instance, problems of UNDERSTANDING. Life is complex and there is no substitute for intelligence.' (BB P58)

And the Grow Wisdom –

'People are more important than things' (BB P45)

Thank you!

Hints and Tips

Do you have any 'tried and true' health, household, life etc. hints and tips you would like to share with the Grow Community? If so please contact The Editor at the Grow Centre.

Scams

Pyramid schemes are illegal and very risky 'get-rich-quick' schemes that can end up costing you a lot of money.

Do not let anyone pressure you into making decisions about money or investments - always get independent financial advice.

Be wary of schemes or products that claim a guaranteed income.

Consider whether the rewards you have been promised are dependent on product sales. If so, are the products of real value, sold at a reasonable price and something that there is actually consumer demand for?

Be alert and protect yourself from being scammed by going to SCAMwatch (www.scamwatch.gov.au) for information on how to protect yourself against scams, swindles, rorts and rip-offs.

Household

Stop your bathroom mirror steaming up by rubbing a dry bar of soap over the surface, then polish with a clean cloth.

If you've got ants coming into your house, try spreading some cinnamon, catnip or chalk wherever you think they're coming in.

Rub all the joints in all the hinges of a creaking door with a lead pencil, swing the door back and forth a few times, repeat the whole process and even the squeakiest doors should stop creaking.

Why single yourself out for especially harsh treatment?

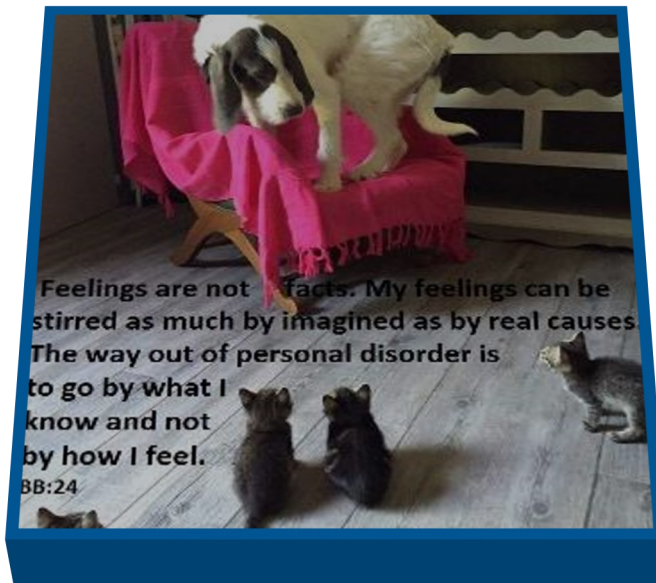
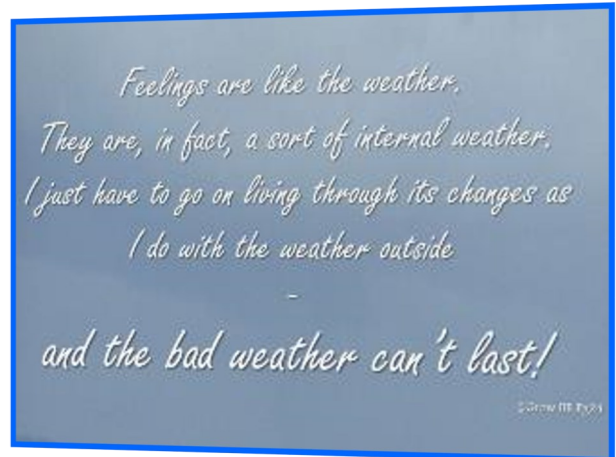
Blue Book Bits

THE THREE BASIC CONVICTIONS

(To steady our **thinking** and keep our **minds** set on the way of growth)

1. I am not acting alone but cooperating with the invincible power of truth and with trustworthy and friendly helpers.
2. I can compel my muscles and limbs to do the right and healthy thing in spite of my feelings.
3. My feelings will get better as my habits of thinking and acting get better.

(BB Pg19)



DON'T CULTIVATE WEEDS

Thoughts in the mind are like plants in the ground; they grow if you leave them there, and they cause your mind to grow in the same direction.

Moreover, to keep expressing them is to cultivate them—like when you water them and pack fertiliser around them.

The question is: Are you **cultivating** a lot of weeds?

We cannot simply decide which thoughts will get into our minds, but it is mainly up to us which ones we leave there and which ones we cultivate.

Learn more about how to control unhealthy thoughts on Page 39 in the Blue Book.

Resume quickly and without fuss

The Value of Attending Leadership Meetings

I had been a committed Grower for approx. 8 months when I decided to have a look at a Leadership Meeting. After Camp Bornhoffen, 2015, I was inspired to connect with Growers from across Queensland and when our Organiser suggested I attend a Leadership Meeting. The question popped up — why not?

Coming from a rural area with my trusting 4 footed companion, our first challenge was traffic and the Clem 7 tunnel—which freaked both of us out—but still we arrived on the door step of the Grow Centre. We set up a tent in the back yard but unfortunately my dog remained extremely anxious. The Friday Night Social was a great opportunity to reconnect with Growers I had met on camp, as well as, preparation for the Leadership Meeting the following morning.

I was surprised to find that the meeting had a similar structure to our weekly local meeting, so wasn't left floundering as I had imagined. Contribution from all Growers present was encouraged, regardless of experience or lack there of.

A Leadership Paper was presented by one of the Growers (I remember thinking at the time—'you'd have to be pretty confident to write and present one of those') but as it turned out that was not the case. It was presented by someone just as ordinary as me.

The discussion and feedback about the paper was encouraging and positive—no negatives or criticisms, just suggestions of how to expand it a little further.

The experience of being a part of something which may influence Grow, both at State and National level, having only initially attended a very small group, gave me a great sense of belonging and fellowship with other Growers. Stepping a little out of my comfort zone into the big city inspired me to continue to develop friendships and even to contribute where I could.

When there was a little hesitation from the group as to who would write a leadership paper for the next meeting, again I thought 'Why not give it a go?' After all *'If a thing is worth doing, it's worth doing badly—for a start and while you're improving.* BB P35.

Overall, I challenged myself to step a little beyond my comfort zone to reach out and share with fellow Growers at a Leadership Meeting. The reward for me has been that I feel welcome and part of more than a local group and that each and everyone of us can make a valuable contribution.

So take another step to gain your confidence and attend a Leadership Meeting!


**Barb
Bundaberg**

Why not give it a go! Leadership Meetings are wonderful for raising leadership problems, and improving your leadership skills. I enjoy writing leadership papers for the meetings and am always learning from others.

**Karen
Southport**

Say something nice about yourself – without adding 'but'

A Story of Hope



In 1997, after suffering abuse for many years and always trying to stay strong for the sake of my children, I finally became seriously ill with depression. I became trapped in a merciless pit of hell. I was weighed down and wrapped in a wet cloak of darkness. There was no way I could claw my way back up into the sunlight above. All I could see was the thick layer of fog and dark clouds that surrounded me. The pain tearing at my heart and soul was more than I could bare. I thought that only death would relieve me from the torture I was going through. As I reached for the bottle of sleeping pills I thought I heard a voice say to me 'Please don't go' but there was no one there and no turning back. Relief came in the form of a deep coma.

After about three weeks on life-support I finally woke up and opened my eyes to a bright, shiny light. I had no idea what had happened or where I was. I felt my heart beating in my chest. I became anxious and disorientated. Suddenly I heard a soft, gentle soothing voice say "Do not despair or be afraid my precious child, I have not forsaken you. I'm holding you in the palm of my hand. I have a plan and a purpose for your life. A plan to prosper you and to give you a future.

Depression lies. It will try to convince you that you shouldn't exist and that nothing matters. Depression is a terrible deceiver. The truth is that your life matters. You matter. You are very important. You are loved. You are needed. You are noticed and not invisible. You have a place in this world and if you haven't found it yet, it's still there waiting for you.

You can make it through. You are strong and capable. The darkness will pass and the light will come shining through. Just take one deep, slow breath at a time. Just live one day at a time and take one step at a time. You are loved and cherished and valuable. Just love yourself and allow yourself to be loved. Never be ashamed of who you are. You are not an empty shell. You may feel

insignificant but you are part of an unimaginably complex universe.

Everything is temporary, including your pain and suffering. This too will pass. You are fragile but you are not broken. You will be restored and you will be stronger than before. Remember that you are worthy. Just hang on to hope. The world is a beautiful place but it is also imperfect and sad but all of that lets you know that you are alive. You are not alone in the feeling of hopelessness and desperation. I am with you. Your mind is playing a cruel trick on you. Never forget how precious you are. As horrible as life can get, as much as it can hurt, as alone as you can feelthere is beauty out there.

You will find a purpose greater than your pain to live for. You will lose yourself helping others live. Every act of kindness you have ever done has made this world a better place and we need more of that. We need you. Your suicidal urges and thoughts are much like a flighty bird. The best in life and love and happiness is ahead of you, have faith."

We all need to hear these words of love and compassion, empathy and understanding, from our loved ones and friends when we have suicidal thoughts and tendencies. Kindness can make all the difference and costs nothing. Be kind, always.

There is an old Cherokee legend about each person having two wolves fighting to live inside of them. One is FEAR based which is anger, envy, ego and self-pity. The other is LOVE based which is joy, peace, truth, compassion and faith. The one who wins is the one you feed. Feed the LOVE and starve the FEAR.

This is a chapter in my memoirs called 'FIRST DO NO HARM' which is still in progress.

*Rachel
Southport*

Have the courage to make mistakes

Recipes

Each quarter we would like to include tried and true recipes from Growers. Healthy, economical, recipes that are not too complicated. (see deadline on page 18) So start sending them in now!

*The Ultimate **Red** and **Green** Smoothie*



Approx. 700 Calories and 42g of Protein

Ingredients

- 1 x Banana
- 1 Handfull of Oats
- Half a Small Beetroot
- 2 tablespoons of Linseed
- 10 Almonds (Raw Unsalted)
- Handfull of Spinach Leaves
- 1 Whole Egg and 2 Egg Whites
- 2 teaspoons Stevia
- 2-3 cubes of Pineapple
- 1 tablespoon Pea Protein Powder

Method

Mix all of the above in a blender with 2-3 cups of ideally clean filtered water.

All of the ingredients have been selected to reduce inflammation, oxidation and acidosis. This is the ultimate key to good health. Raw fruit and vegetables with nuts and seeds and added protein to help promote lean body mass while reducing fat. This smoothie is both super healthy and delicious. Try this smoothie every morning for a month and feel the difference. It is ideal for losing weight, the healthy way, and restoring your body's energy and vitality.

Stuart
Health & Fitness Editor

Vegetarian Sausage Rolls



Ingredients

Pastry

- 2 sheets Puff Pastry –thawed
- 1 Egg—lightly beaten
- 1 tablespoon Sesame Seeds

Filling

- 1 Onion—finely chopped
- 1 Zucchini—coarsely grated
- 1 Carrot—coarsely grated
- 400g Brown Lentils
- 1/2 cup Herbs, Garlic & dried Bread Crumbs
- 1/2 cup Rolled Oats
- 1 cup grated Cheese
- 1 Egg—lightly beaten

Method

- Mix filling together in bowl or blender
- Place in frying pan over medium heat and sauté for 3 minutes or until soft.
- Place in bowl to cool.
- Cut pastry sheets in half, brush with egg down one long side of each half
- Place filling lengthways down centre of each half
- Roll up to enclose
- Cut into three pieces, or any size you wish
- Place rolls on oven tray lined with baking paper
- Brush with egg wash and sprinkle with sesame seeds

*Serve with tomato chutney or any sauce you like.
Great for movie nights!*

Jess
West End

Walk tall and breathe deeply

Looking for Support in Queensland

Please phone the Grow Centre on 3394 4344 to confirm times and locations of groups.

Grow Groups
Meet Here

Brisbane North

Bridgeman Downs	Thursday 10:00 am
Chermside	Monday 6:30 pm
Deception Bay <small>Christian Group</small>	Tuesday 10:00 am
Pine Rivers	Monday 10:00 am
Sandgate	Wednesday 10:00 am

Brisbane South

Crestmead	Tuesday 11:00 am
Holland Park	Tuesday 10:30 am
Holland Park	Tuesday 7:00 pm
Holland Park	Wednesday 7:00 pm
Indooroopilly	In recess
West End	Thursday 9:30 am

Darling Downs

Toowoomba	Monday 10:30 am
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West Moreton

Ipswich	Monday 6:30 pm
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Gold Coast

Palm Beach	Wednesday 7:00 pm
Southport	Thursday 1:00 pm
Tweed Heads	Contact Grow NSW (02) 9633 1800

Sunshine Coast

Maroochydore	Monday 1:00 pm
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Wide Bay Burnett

Bundaberg	Monday 10:30 am
Gympie	Monday 10:30 am

South West Queensland

Roma	Wednesday 1:00 pm
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Central and North Queensland

Cairns	Monday 7:00 pm
Mackay	Tuesday 7:00 pm
Mackay	Thursday 9:30 am
Rockhampton	Tuesday 1:30 pm
Yeppoon	Wednesday 6:30 pm

Helpful Contacts

ARAFMI Queensland Inc. 1800 351 881..... www.arafmiqld.org
(Mental Health Carers Support Services)

Basic Rights Queensland 3847 5532 or 1800 358 511..... www.brq.org.au
(Social Security and Disability Discrimination)

Family Drug Support 1300 368 186..... www.fds.org.au

Homeless Persons Information Qld 1800 474 753E: psosupport@smartservice.qld.gov.au

QLife 1800 184 527..... qlife.org.au
(LGBTI counselling and referral service)

Lifeline 13 11 14..... www.lifeline.org.au

Qld Mental Health Review Tribunal 3235 9059 or 1800 00 6478..... www.mhrt.qld.gov.au
(Protecting the rights of those on Involuntary Treatment Orders)

Queensland Voice for Mental Health Inc 3391 5553..... www.qldvoice.org.au
(Consumer and Carer Advocacy and Education)

Sexual Assault Helpline for Men and Women 1800 010 120

Suicide Call Back Service 1300 659 467..... suicidecallbackservice.org.au

A friend is as near as the nearest phone

Noticeboard



Find us on:
facebook®

Look out for the Grow Australia Facebook page and for Grow Qld Branch on Facebook. By liking our posts and sharing them with your friends, you contribute to 12 Step Outreach.

'We carried Grow's hopeful and healing message to others in need.'

BB P13

Southside Program Study & Friendship Day

Every Thursday at the Grow Centre, commencing at 10:00 am with morning tea and 10:30 am for an hour of **Program Study**. Followed with a BYO lunch at 11.30 am and **Friendship Day**.

Just come for the study, lunch or the afternoon; Thursdays are 'open house' at the Grow Centre. Invite other members and friends to come with you. It's a fun and relaxing day, and you can get to know others in the Grow community. Contact the Grow Centre on 3394 4344 for further information.

It is feeling safe enough to talk and be, that keeps people coming back. Any sign of gossip makes the space of recovery unsafe.

NEWSLETTER SUBMISSIONS

Contribute to the Grow QLD Newsletter

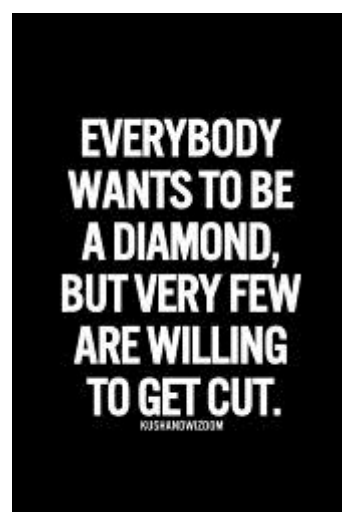
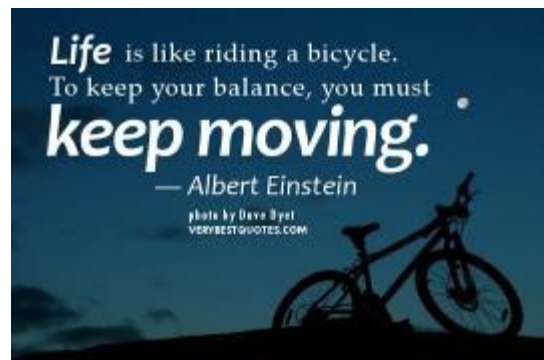
Write-ups on Group Socials (with photos if possible), Reports on Progress (individual or group), Poems, Puzzles & Jokes, Photographs, Movie & Book Reviews

Send to: gld@grow.org.au OR
Grow QLD, PO Box 178,
Holland Park QLD 4121

Deadline Spring\Summer Issue (4th Qtr 2016)

Thursday 10 November 2016

**** NO EXTENSION ****



You've got to love people back to health

Calendar of Upcoming Activities

Please make a note of the activities relevant to you then check with your Group Organiser or the Grow Centre for confirmation. You can receive our monthly Activity Flyers via mail or e-mail, just contact the Grow Centre and ask to go on the mailing list.

OCTOBER 2016

Saturday	1st	DVD & Pizza Night
Monday	3rd	Queens Birthday—GROW CENTRE CLOSED
Tuesday	4th	Brisbane North Program Study\Friendship Day
Wednesday	5th	Working Bee—Grow Centre
Thursday	6th	Brisbane South Program Study\Friendship Day
Friday	7th	ODD SOCKS DAY
Sunday	9th	WALK FOR AWARENESS
Thursday	13th	Brisbane South Program Study\Friendship Day
Monday	17th	Central North QLD Program Study
Thursday	20th	Brisbane South Program Study\Friendship Day
Friday	21st	BRISBANE NORTH LEADERSHIP MEETING
Friday	21st	Friday Night Social
Saturday	22nd	BRISBANE SOUTH LEADERSHIP MEETING
Thursday	27th	Brisbane South Program Study\Friendship Day
Friday	28th	Brisbane North Craft Group

NOVEMBER 2016

Tuesday	1st	MELBOURNE CUP LUNCH
Thursday	3rd	Brisbane South Program Study\Friendship Day
Saturday	5th	DVD & Pizza Night
Thursday	10th	Brisbane South Program Study\Friendship Day
Saturday	12th	ANNUAL BRANCH CONFERENCE
Thursday	17th	Brisbane South Program Study\Friendship Day
Friday	18th	BRISBANE NORTH O&R MEETING
Friday	18th	Friday Night Social
Saturday	19th	BRISBANE SOUTH O&R MEETING
Monday	21st	Central North QLD Program Study
Thursday	24th	Brisbane South Program Study\Friendship Day
Friday	25th	Brisbane North Craft Group
Saturday	26th	LEADERSHIP DAY

DECEMBER 2016

Thursday	1st	Brisbane South Program Study\Friendship Day
Saturday	3rd	DVD & Pizza Night
Tuesday	6th	Brisbane North Program Study\Friendship Day
Thursday	8th	Brisbane South Program Study\Friendship Day
Friday	9th	GROW CENTRE CHRISTMAS PARTY
Thursday	15th	Brisbane South Program Study\Friendship Day
Friday	16th	BRISBANE NORTH LEADERSHIP MEETING
Friday	16th	Friday Night Social
Saturday	17th	BRISBANE SOUTH LEADERSHIP MEETING
Monday	19th	Central North QLD Program Study
Thursday	22nd	Brisbane South Program Study\Friendship Day
Thursday	22nd	GROW CENTRE CLOSED OPENS AGAIN THURSDAY 5 JANUARY



ART CLASSES

3rd Wednesday of every month
10:00 am - 2:00 pm
Grow Centre
\$5.00

DATE CLAIMER

Camp Coolum—2017

24, 25 & 26 March

\$90.00



Grow COMMUNITY GARDEN
Come along anytime
Water, weed, harvest
Grow Centre

Carry the message, not the person

Grow Literature & Promotional Items For Sale

Blue Book	\$5.00	Grow Cap	\$15.00
Blue Book Cover	\$2.00	Grow T-Shirt	\$15.00 (S, M, L, XL)
Large Print Blue Book	\$5.00	Grow Polo Shirt	\$30.00 (S, M, L, XL, XXL, XXXL)
Practical Task Book	\$1.00	Grow Carry Bag	\$3.50
Lavender Book	\$12.00	12 Step Poster	\$5.00
Yellow Book	\$12.00		

Contact your fieldworker or the Grow Centre to order

Newsletter Subscription - Free

To receive either an electronic or hard copy of the Grow Queensland Branch quarterly Newsletter, please complete the relevant details below and mail to:

Grow QLD, PO Box 178, HOLLAND PARK QLD 4121 or e-mail qld@grow.org.au

Name:

Address: Post Code:

Email: Phone:

I am a: ☐ current Grower ☐ past Grower ☐ Friend of Grow

I would like an: ☐ E-mail copy of Newsletter ☐ Hard copy of Newsletter

Help Grow Queensland Branch

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. Join "Friends of Grow" by committing to a regular annual or monthly donation, or simply make a one off donation.

Methods of payment include cash, cheque, bank deposit and internet banking. When donating by bank deposit or internet banking, type 'don' and your name into the available fields. When making your donation please forward the slip below to Grow QLD, PO Box 178, BRISBANE QLD 4121 or e-mail qld@grow.org.au to advise us of your payment.

Bank: Westpac - Account name: Grow - BSB: 034 089 - Account No: 116821

All donations over \$2.00 are tax deductible.

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