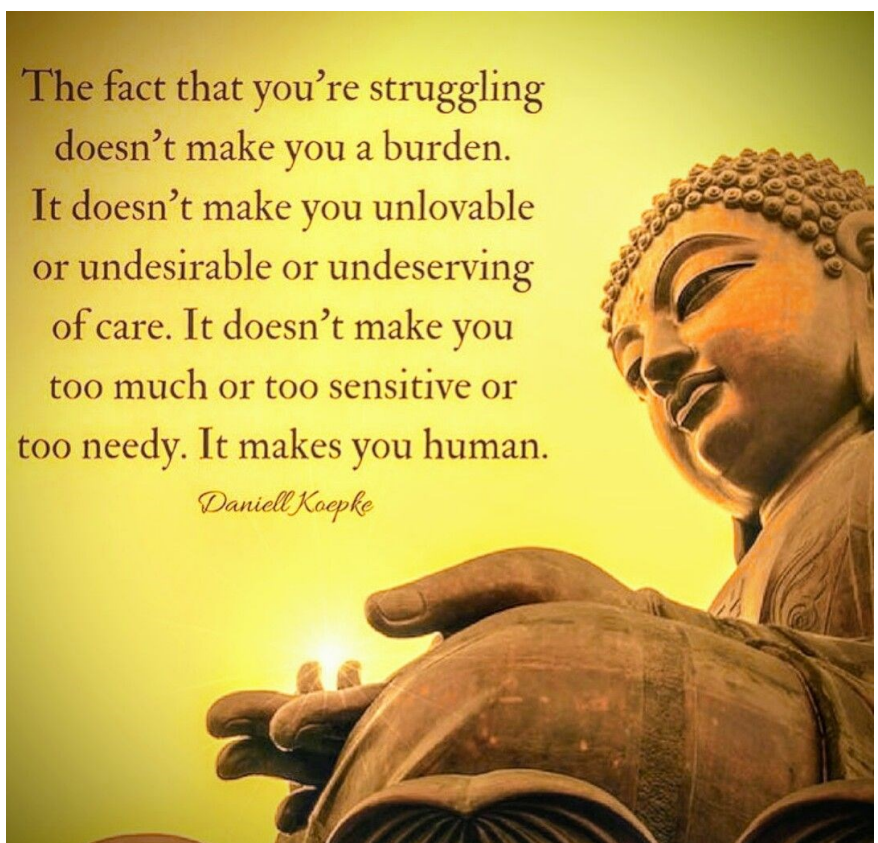


The Two Arrows

You are walking in the woods and suddenly you get struck by an arrow (someone fires an arrow at you) and it hits your arm and it really really hurts—its very painful and you feel that physical pain in your arm, and it's bleeding. And then immediately your mind starts to think, "Oh my god! what's gonna happen? What if I bleed to death? What if this is infected and I can't walk back home properly? Or I lose energy and I can't get back to my family? What's gonna happen to my family? What's gonna be happening to my husband/wife/my children? What's gonna happen to me or what's going to happen to their future."

The Buddha described the first arrow as the physical pain and the second arrow is what your mind does—it starts thinking about the worst scenario that can happen (catastrophizing, minimizing, blaming). And the Buddha says, "be warned of the second arrow."

The first arrow represents the pain – the actual physical pain – and the second arrow represents what you call suffering. So we distinguish between pain and suffering. Pain is something that's inevitable, we all experience that. But the suffering is something that we actually create. But we don't realise that. We can stop stabbing ourselves repeatedly with the second arrow.



Happiness will never come to those who fail to appreciate what they already have.

Buddha

If you correct your mind the rest of your life will fall into place.

Loa Tzu

My mother told me to be a lady. And for her, that meant to be your own person, be independent.

Ruth Ginsberg

Knowing what must be done does away with fear.

Rosa Parks

Well behaved women rarely make history.

Eleanor Roosevelt

Do Ten Minutes Plotting Your Energy Cycles

Make yourself more efficient by figuring out how your personal energy dips and peaks throughout the day. Grab a pen and paper and write down the time of the day when you feel naturally full of energy and focus, and when you feel slow and sluggish. These times will be different for everyone. When you see where your energy peaks, you know to schedule demanding errands and projects during that window, instead of trying to tackle them when you feel sluggish and unfocused. This simple exercise can yield huge results.

Creativity

We have a God like power, we can create. We are creators. In the far distant past, we stole fire from the Gods. We chipped stone to make blades and spear tips. With simple lamps of burning fat, we crawled into the recesses of caves and on the cavern walls we painted bison, horses, and stags with clay pigments. We can only wonder. Were these paintings of spiritual significance? The artists went to a lot of trouble. We can agree this art expresses something important to our ancestors.

Creating art, whether painting, music or writing, engages our imagination which taps into our unconsciousness, and some may say our collective unconsciousness. The mysteries of our human psyche and the patterns and laws of creation are tapped into and brought to light.

Our creation will reflect our inner world at that time. It will express our joys, fears, pain, despair, hope, and aspirations. The creation often, though half hidden, reveals a path or key to a new state of being that the artist may not have even been conscious of when they began the creation. It is a common experience for people to find a way forward in their life inspired by lyrics of a song or the actions of a protagonist in a book or film.

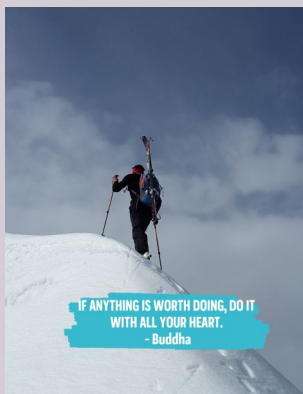
The piece of art can go on revealing new meaning over time and reflection to the artist and to those appreciating the artwork. The process of creating can be cathartic for the artist. Deep emotions and psychic energies are expressed and released. The artwork can have the same cathartic effect on those appreciating the work. This release of emotion is healing. Who has not cried when listening to music or watching a moving film? Sadness, horror, humour, and compassion are among the many emotions that can be created and experienced.

The artist in the process of creating leaves this grey everyday world and enters into a deep world of renewing energies and eternal truths and brings these rejuvenating symbols back to our everyday life, revitalising and renewing our tired existence. Reviving our wonder. Often when we read a favourite book it can reenchant our view of life.

Jonathan

If you truly loved yourself, you could never hurt another.

Buddha



The most common way people give up their power is by thinking they don't have any.

Alice Walker

To attain knowledge, add things everyday.
To attain wisdom, remove things everyday.

Lao Tzu

Life's Journey

Between birth and death, we journey through this world. We journey each day and stop and rest each night to journey on the next day. Many of us have no strong sense of direction, purpose or destination. For many this is natural, they wander from one adventure to another. They go where life takes them. Trusting life will take them where they need to go. To teach them what they need to learn. And ultimately to take them home.

While this is true for all of us, however paradoxically, for many they need and search for a purpose, a meaning, a vocation or goal. They find a path in the randomness of life. The Native Americans called it the Pollen Path. Your own blessed path through this life.

For some, even in childhood, know what they want to do. But for most we wander for many years or decades as adults lost, searching for a path, a way, our home or treasure. Because we often suffer in the search, when we do find our path we treasure it.

Often our path transcends us in a way. We want to help others or make them happy. So, we are not just living for ourselves anymore. For some the goal is to set up a business to provide a service, to write a novel or for those on a spiritual path home could be a state of enlightened consciousness. However, for the path or home to stay alive it must be shared. As we make our humble hero's journey through life we have to overcome many trials. However when we find the treasure we must return and share the treasure or we would not be heroes. Life would not be renewed unless the treasure found is shared.

Also, we journey from childhood to adulthood to old age and maybe beyond. We journey from innocence to knowledge, grow in wisdom and may return to innocence. Each stage in life comes with its trials and lessons. Resisting this part of the journey only increases our suffering and hinders our growth. There are other milestones on the journey. Our first day in school, our first kiss, our first job, marriage, becoming a Mother or Father and a Grandparent, retirement and passing on out of this world. Life is a mixed bag. Filled with blessings to be grateful for, difficulties to overcome, opportunities to explore, decisions to make, and grief and longings at times. Good times too. Some find meaning in sharing their life with another or in parenthood, others go it alone. Some learn to live with ill health or disability and grow with all the challenges that brings.

The journey is often to find and manifest love in one form or another. We may journey for quite some time before we hit on our path. We may come to many forks in the road, and we must make choices.

Having a strong sense of your path can help you weather the storms of life that can get disorientating. It won't take you too long to pick up your path again. Also having that strong sense of meaning will also help give you a sense of personal value. That is a treasure in and of itself.

If you are confused about your path you are among many. It can be basic. A child was asked by their teacher, "what do you want to be when you grow up?", they replied, "Kind." So if you are wandering or on a path, enjoy the journey. There is no hurry. And remember the obstacles don't block the path they are the journey. Bon Voyage!

Jonathan

Love is a decision
not an emotion.

Lao Tzu

Time is a created
thing. To say I don't
have time, is like
saying I don't want
to.

Lao Tzu.

When women take
care of their health,
they become their
best friend.

Maya Angelou

September; a peculiar time,
It resembles Summer but is not Summer,
Foxgloves sown in March remain eager, in color
But a cooling garden darkens swiftly around

The Sky is the same, but an earlier dusk has arrived
Looming shadows stretching from old trees
lawns remain neat but now a certain cold covers the skin
Not a chill, just a coolness giving a sense of what lies ahead

Witness the pale sky surrounding dark clouds as night quicker falls,
Memories of sounds and dreams from a Summer barely passed, slowly sweet fading
Our Celtic forefathers aware of these nights too,
where by them they were marked with serious intent

They remembered September vividly as they passed through dusks, year upon year
Aware of them, knew them as the toughness of their skin
These same evenings once pondered quietly
As if being warned of impending danger

And Winter always recalls
From behind the lowering sun set hills: September
A peculiar time, resembling Summer, but not Summer
I stop every now and then to look as it is necessary

And now,

house lights flicker on across early Autumn evenings,
As children retreat laughing from dark gardens, light slowly fading
Branches curling out, catching new winds
faint whistles before the proper storm arrives
Ploughmen finished gathering fields to them, sit down now to rest,
Summer harvested...we retire inside.

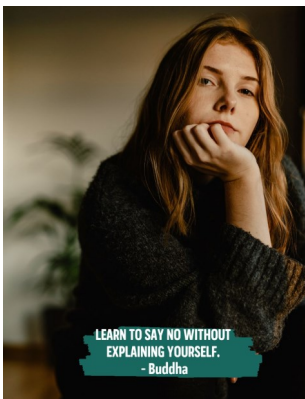
Ruairi Powell

Area Coordinators Contact numbers

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Standing alone is better than walking with the wrong people.

Buddha



He who talks more is sooner exhausted.

Lao Tzu

Don't rush anything. When the time is right it'll happen.

Buddha

The Cure For Your Imposter Syndrome by Maria

Imposter Syndrome is the nagging doubt, the crippling anxiety, that you're not qualified for what you're doing – and you're about to be found out for it. It's a kind of paranoia that is common at the beginning of most careers or promotions. *Can I really do this? When is everyone going to realize that I am out of my depth? How can I trust the people I work with – aren't they my competition?*

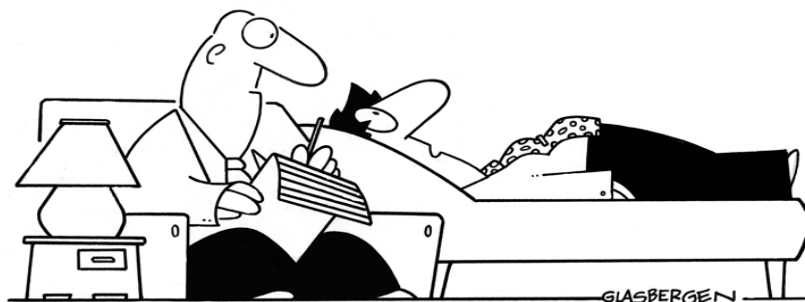
Needless to say this is not a productive mindset and it derails many otherwise talented and worthy people from being their best selves. There is however, an easy cure. A way to cut through this Gordian knot of worry and insecurity.

The simple hack that helps you to stop caring about what other people think. *It's realizing that they're not thinking about you at all.* As Marcus Aurelius wrote "Enter their minds and you'll find that the judges you're so afraid of – and how judiciously they judge themselves." That is, *people aren't thinking about you, because they're too busy thinking about themselves.*

As hard as you're being on yourself, that's how hard other people are being on themselves – which leaves almost no time for them to question your suitability or worthiness. It's like we thought we were trapped in a Mexican Standoff, only to find out that the guns weren't real, and they weren't real and they weren't even pointed at us. If we would just lower our shields a little bit, we could see this, and then just slink away and go back to what we were doing.

Remember this today if you sense these feelings creeping up on you- they're creeping up inside everyone.

And it's all in your head. Then realize that the best way to eliminate any doubts about your skill or worth is simply to focus on the task at hand, and not waste another second worrying about what everyone else thinks. Because they're not thinking about you at all.



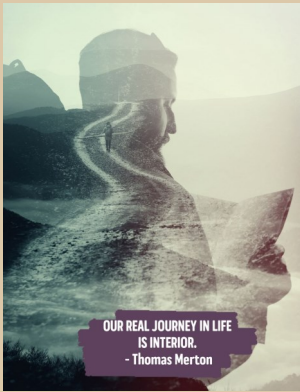
"Ever since my girlfriend moved to Alaska, she seems cold and distant."

Submitting Material for the Newsletter

It's great to see such wisdom and creativity among our Growers. Please submit poems and articles as a Word document or Rich Text Format if possible and also email pictures to your Area Coordinator by **Jan 31st** for the Spring newsletter.

Happiness is the absence of striving for happiness.

Zhuangzi



Fight for the things that you care about but do it in a way that leads others to join you.

Ruth Ginsberg

Expectations

Dear Prospective Grow Member. You are welcome to my talk today on what it is like to be a member of Grow. You are aware that Grow is a mental health support group, meeting once a week for two hours. You have been informed of Grow's background, about Con Keogh the wonderful man who started Grow all those years ago.

You might expect a lot of distress at a Grow meeting, but there are also a lot of laughs. We dry each others tears, but we also make each other laugh- a lot. Don't be surprised to hear a lot of giggles and people having fun. No, you're not in the wrong room. There will be light in among the darkness, expect that.

It will take you time to find your feet, so to speak. What do I mean by that? Strange faces take time to become familiar, and its never easy being the new kid. Just remember we've all been the new one in the room, and time and welcome can change all that.

You will never be called on to talk unless you want to. Us old Growers have learned a few lessons before you came. No pressure on the new member, but no exclusion either. In other words, It will be entirely up to you.

Don't expect rash promises that cannot be delivered. Because we know your pain, we know it takes a lot of time to feel on solid ground again. There is no fast track to recovery, but we will be there with you until it comes. That is a promise we can keep.

Expect to be a little confused, maybe, at your first meeting. There will be readings from Grow Literature, and depending on the size of the group several people to get around to. But try not to let this dissuade you from coming back. The first nights of anything are difficult, a lot going on and hard to digest. But all will become clear in time.

I will end with a description I read somewhere of Consolation.

"To console someone is to say, over and over, "I know, I know". We share what we have suffered so others will see they are not alone. It is the most essential and difficult exercise of solidarity that ever falls to us.

This is what Grow is about. Consolation, Solidarity and Compassion.

Good Luck Prospective Grow Member. I hope you have a better understanding now of what to expect.

Best Regards, A seasoned Grower.

Maria

The greatest need of our time is to clean out the enormous mass of mental and emotional rubbish that clutters our minds.

Thomas Merton

How wonderful it is that nobody need wait a single moment before starting to improve the world.

Anne Frank

Give, even if you only have a little.

Buddha

Eastern Regional Team News

- Amanda received a donation of €90 from Lucan library.
- RUGS concert raised over €7,000 so far. Many thanks to Gerry Farrell (Regional Team member) and RUGS band for organising the event. A great night was had by all.
- The regional team and management thanked Andrea Best for her dedicated work and commitment, who recently resigned. We wish her every success.
- National survey hard copy being circulated to Growers across the country.
- O&R meeting on 2/12/23 in the Carmelite centre, Whitefriar str, at 11.00 with lunch after.
- Was discussed, AC's not required to attend all groups weekly if group is strong. Freeing time for AC's to do more promoting and orientations etc.

Group News

Some groups are being run on Zoom for the foreseeable future. For links contact Area Coordinators. Some groups have reopened in person.

- Monday, Arklow, Arus Lorcaín, Castlepark—10.00am in person
- Monday, - 7.00pm Zoom.
- Monday, Balbriggan, Flemington Community Centre, Main Str, over 18's welcome—2.00pm in person (currently in recess)
- Monday, Tallaght Village, Dominican Priory—7.00pm in person
- Monday, Welcome group for new members—7.30 Zoom
- Tuesday, Leixlip Library—11.00am in person
- Tuesday, Bray, Our lady Queen of Peace Church, Putland Rd—10.30am in person
- Tuesday, Whitefriar Street, Carmelite Centre, Dublin 2- 6.30pm in person. (At Full Capacity.)
- Tuesday, Raheny, Capuchin Friary, Grange, Church side door— 7.00pm in person
- Tuesday, online group—7.00pm Zoom
- Tuesday, Newbridge, Parish Centre, Station Rd—7.30pm in person
- Tuesday, online Men's group.—10.30am Zoom, jerrycronin@grow.ie
- Wednesday, Wicklow Town, St. Patrick's Church Pastoral Centre—2.30pm in person
- Wednesday, Blackrock/Dun Laoghaire—7.00pm Zoom
- Wednesday, Knocklyon, Iona Centre—7.00pm in person
- Thursday, online group—7.00pm Zoom
- Thursday, Family Resource Centre, Athy - 7.00pm in person
- Thursday, Ballyfermot, Parish Pastoral Centre, Kylemore Rd,-7.30pm in person
- Friday, online group—7.00pm Zoom
- Friday, Open group— 2.00pm Zoom, missed your own group or need extra support? feliciablack@grow.ie



Women are the largest untapped reservoir of talent in the world .

Hillary Clinton



The beginning of love is the will to let those we love to be perfectly themselves. The resolution not to twist them to fit our own image.

Thomas Merton

My Journey

The place that I am in today.

I have learned and have become aware that I will carry within me for the rest of my life all that has happened in my life.

All the dysfunction through no fault of my own which developed from the day that I was born .

I carry now, most of the traits of an adult child of an alcoholic parent and a dysfunctional family.

I then in turn passed this dysfunction on to my own children who are now adults themselves.

So I am today a person who has received, passed on and lived dysfunction.

I have been working on myself for many years and try to apply, practice and remind myself of the coping tools that I have acquired.

I realise now all I can do is to try to apply these coping tools ,one day at a time, for the hours and minutes that I am awake, to the best of my ability.

I realise also that even in this small space of time, I will not always get things right and that I will make mistakes.

So each day, I read my reminders, focus on myself and remind myself that I am trying.

Trying to be a good person towards myself and towards others. Trying one moment at a time.

I now see that there is no silver bullet that will make everything perfect and make life according to my will.

I have no authority over any person except myself.

Life events just happen, for which I have no control over.

I am only a small cog in a very big world.

I know now that I will carry the traits of dysfunction within me for the rest of my days. However I now know that I can choose to follow a different path, one of health, peace, compassion for myself and others each day of my life.

The learning for me will continue every day, always learning something new.

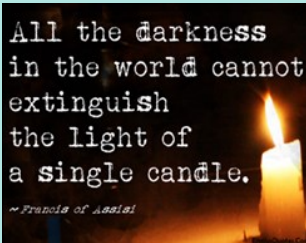
A different way of looking at my emotions, my thoughts, my behaviours.

A change of attitude about a problem, a person, a life event.

A different way of looking at myself.

I realise now that this is my journey.

Gerry



If you don't risk anything, you risk even more.

Erica Jong

I am a woman phenomenally. Phenomenal woman, that's me.

Maya Angelou

When you realise nothing is lacking, whole world belongs to you.

Lao Tzu

Light

In the Beginning

The word "light" comes into my mind as winter approaches. The word "light" occurs about 439 times in the Bible stories. In the beginning of the first book, the Book of Genesis, God spoke and said "" Let there be light, and there was light." When light comes in, darkness retreats." So, we have day and night, morning, and evening.

Hill of Tara/Slane When St Patrick came to Ireland 432 AD, he found many pagan customs. The pagan High King, Laoire, traditionally lit a great ceremonial fire on the Hill of Tara, every spring equinox (when daytime and nighttime are of approximately equal duration all over the world). He forbade any other fire to be lit until his own fire was ablaze!! Imagine his anger when he saw a big fire lighting up the sky on the Hill of Slane 10 miles away! Patrick had lit a Paschal fire to celebrate Easter (common in some denominations).

Ritual - St Patrick's Day I remember driving my family, before sunrise, every St Patrick's Day, to the Hill of Slane. We would meet with friends, have a fire, a barbeque and finger food. The children would all sing, "See this little light of mine, I'm going to let it shine". The adults joined in and there were more songs. My friend Philip brought his guitar. It was always an incredibly happy time, with lots of celebration. Then, a bit bleary eyed, we headed into the parade!

Grow Program The word light is mentioned three times in the Grow Program (Digital Copy) on pages 26, 30 and 43. On page 43 reference is made to the powerful energy that can be harnessed from a river to generate light. A good example of making electricity for light is the Ardnacrusha hydroelectric dam on the River Shannon which was finished in 1929. It could produce enough electricity to power approximately 1.3 million old fashioned light bulbs at once!

Uses Light has many applications in our daily lives, e.g.,

- it is used in fibre optic cables to transmit data over long distances for phone calls, digital TV.
- light therapy is used to treat seasonal affective disorder (SAD) and other mood disorders.
- lasers use light to perform precise surgical procedures.

Health benefits of light/sunshine

Physical

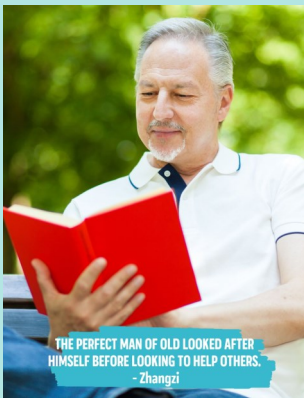
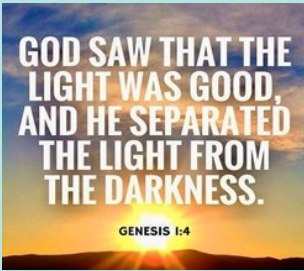
- helps our bodies produce vitamin D.
- reduces inflammation.
- supports the immune system.
- We need light to be able to see.

Mental

- supports better sleep.
- sets our circadian rhythms (body clock).
- regulates the levels of serotonin and melatonin.
- promotes a sensation of well-being and improves mood.

The Rainbow When light interacts with tiny water droplets the colours of the rainbow appear. A good time to see a rainbow is usually when there's a misty rain falling.

Question - Can you name the colours of the rainbow (Answers at end of article).



A woman with a voice is by definition, a strong woman.

Melinda Gates

Reason is in fact the path to faith, and faith takes over when reason can say no more.

Thomas Merton

Light, Life and Love When I think of the word light, the words life and love also come to mind.

Life because I realise sunlight is essential for the survival of plants and animals as well as our health, well-being, and growth.

Love because I brighten up inside when I see family and meet friends - they mean so much to me.

Magic in the air My love of light comes from my childhood. As a child I loved going into Grafton Street in Dublin (I still do!) There was "magic in the air. Grafton Street was lit up with rows of coloured lights stretching from side to side, the length of the street, and lots of Christmas trees, twinkling with lights. People of all ages strolled up and down, smiling, linking arms, holding hands, with a sense of wonder on their faces and their eyes lit up by all the lights - a "wonderland". Shop windows were decorated, usually with a theme, like Snow White and the Seven Dwarfs, while Christmas music played. There was always a towering bushy Christmas tree as a centrepiece. Carol singers merrily sang, usually with a guitar(s), drums, and a swaying lantern, collecting for charity.

Follow that star! Light holds significant cultural and symbolic meanings. In the gospel story of Matthew, wise men from the east saw a star in the sky that signified the birth of a king. They followed the star to Bethlehem where they found the infant called Jesus and presented him with gifts of gold, frankincense, and myrrh.

Let your light brighten up someone else's day when you can, e.g.

- In your weekly Grow group meeting - "you ... become part of [the care of the group] by participating in the meeting and by performing small acts of friendship for others" p4.
- Do your weekly task - "many tasks will include many that aim at personal growth as well as recovery" p5.
- On your 12th step (group outing) - "We carried Grow's message to others in need".
- Making that phone call you were putting off.
- Catching up with a friend, over a cuppa.
- Wherever you offer hope - "If there is hope for me then there is hope for anyone" p53.
- A friend's eye is a good mirror.... 'Is maith an scáthán súil carad" (Irish wisdom).

I wish you the very best of health, happiness, life, and love as we celebrate the gift, of light as 2023 draws to a close and a new year is about to dawn.

George



Answer There are seven colours in the rainbow -: Red, orange, yellow, green, blue, indigo, and violet.

2023 Grow Mental Health Weekend



A path is made by walking on.

Zhuangzi

Pride makes us
artificial.
Humility makes
us real.

Thomas Merton

We came from every county in Ireland for the 2023 Grow Mental Health National Weekend. We opened ourselves up to connection and friendship. We will also recognised the significance of doing so in changing our thinking, feeling, and acting. We came together as a caring and sharing community and celebrated our ability to be with one another in person. We learned, explored, sang, danced, and created and returned to our Grow Groups with lots to share. With over 150 people from the Grow community in attendance over the weekend, we made the most of our time together. On Friday, after settling into the gorgeous and comfortable Killeshen Hotel in Portlaoise, some met for the Grow AGM while others who were attending the NW for the first time were warmly greeted by Grow Digital Manager Colette Flannery and Grow Volunteer Coordinator Mary Walsh to learn about the weekend ahead. A beautiful dinner was followed by a hilarious table quiz MC'ed by the one and only Christine Fitzgerald. Others choose the quiet of a Sound Meditation session with Mindfulness Coach Deirdre Howard. Afterward, we were awed and amazed by our Grow Community Players. Area Coordinator Alan Keaveney and team, as always, organized a rousing evening of song, recitation, and top-notch entertainment. Huge thanks to all who shared their talents with us on the night.

After a peaceful night's sleep, we gathered again on Saturday morning for breakfast together followed by a morning of informative and engaging speakers. Grow Interim CEO Annabel O'Keeffe kicked the program off with a welcome address and interactive exercises that highlighted the caring and sharing nature of Grow. Fiona followed with a gripping story of her mental health journey. A familiar part of any gathering, the personal story is always a powerful moment in our program. Thank you to Fiona and her trusted friend Aoife for their bravery in getting up in front of our crowd to share.

The morning session continued with a focus on the peer support model of recovery. Elaine Browne, Founder of Perspective in Ireland shared with us all that her organisation is doing in the West of Ireland around peer support and peer coaching. Elaine's personal journey with mental health inspired the trojan work she does now. Elaine was followed by Michael John Norton and Paul Clabby - the unstoppable double-act who are helping to drive the peer support model even further in the HSE. Among his many roles, Michael is the Recovery and Engagement Project Lead at the HSE, Author, and Lecturer at UCC. Paul is a Peer Support Worker in HSE as well as a member of the Grow Board after many years with Grow as an Area Coordinator. The pair spoke about the essential role of peer support in the Irish healthcare environment and what is coming for the sector.

We broke for sustenance, a hearty soup and sandwiches, and returned in the afternoon for the highly anticipated workshops. Mary Walsh and Kate Slater taught some of us how to handmake greeting

I always believed that one woman's success can only help another woman's success.

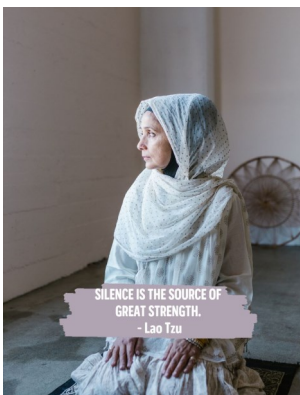
Gloria Vanderbilt

Quiet the mind and the soul will speak.

Buddha

It's the moment that you think you can't that you can.

Celine Dion



cards and ornaments. Crafting - any creative outlet really - can be a wonderful support for people when they are anxious or blue. Acting Regional Manager Eileen Clevenger supported a gratitude meditation workshop for those wanting to start or deepen their practice. There was a drumming workshop led by Deirdre Howard and finally, a music workshop led by our own Gerry Farrell. It's easy to see why folks had a difficult time choosing between these workshops!

We moved our Saturday evening gala forward by an hour to accommodate the IRL v SCO Rugby World Cup match (come on, Ireland!) and had much to celebrate after another gorgeous meal. We did just that accompanied by a local singer/songwriter who led us in a joyous night of song and dance.

The Sunday morning session included the launch of the brand-new Progress & Reflection Journal. This project was driven by the indomitable Kate Slater, who along with the weekend's MC Christine Fitzgerald unveiled the book to those in attendance. We were delighted that everyone who came for National Weekend was able to take home a copy of the journal and others can now order them through their Area Coordinator.

We wrapped the weekend's program up with an update from the Communications, Marketing, and Fundraising team speaking with Grow members who have contributed in some way to their marketing efforts. Grow Area Coordinator and member Danielle Londas spoke to Communications, Marketing, and Fundraising Manager Sile Tracey about her experience of interviewing for a piece on her recovery for the Sunday World Magazine. Grow Member Jonathan Mullen shared why he contributes to getting Grow's message out in many different ways. Finally, Grow Area Coordinator Liz Shortall and Grow Board Member Gerry Farrell sat with Communications Officer Jenny Synnott for a live podcast recording, featuring a conversation about opening up to friendship. After another delicious lunch, we went our separate ways - back to our counties with full hearts and so much to share with our Grow Groups. Thank you to everyone who worked to make this weekend a success and to those who travelled to be together for these impactful three days.



Strong women don't have 'attitudes'. They have standards.

Marilyn Monore

It always seems impossible until its done.

Nelson Mandela

Don't think about making women fit the world—think about making the world fit women.

Gloria Steinem

How To Suffer Well

Long ago, there was a farmer who had problems. He was advised to go and see the Buddha, who was wise and would help him sort his life out. The Buddha asked him why he had come.

"I'm a farmer," he said. "I love farming, but the problem is that sometimes there's no rain, and we really struggle those years. Of course, sometimes we have the other problem, and there's too much rain and the floods destroy everything." But the man didn't stop there.

"I also have a wife, Buddha. I love her, truly, but sometimes we don't get on. To be honest, occasionally, she gets on my nerves. And my kids! They're lovely kids. They're great. Sometimes, though, they misbehave like you wouldn't believe..."

The farmer went on and on like this. His in-laws were bothering him, he had money worries, he'd often tossed and turned in bed at night wondering about the meaning of life, and his left knee hurt. The Buddha listened patiently, smiled, and simply said, *"I can't help you."*

The farmer was astonished.

The Buddha continued, *"Every person has 83 problems, every one of us. And there's nothing you can do about it. Maybe you can do this or that to fix them, but once one problem is gone, another one springs up in its place. More problems are coming – for example, you will lose your family and loved ones one day, and you yourself will die. That's a problem you certainly can't do anything about."*

The farmer, probably beginning to regret his visit, couldn't help but ask angrily, *"Well, I thought you could help! What's the point of everything you teach if you can't solve my problems?"*

"Well, I can maybe help you with your eighty-fourth problem," he said.

"Eighty-fourth problem? Well, what's that?"

"It's that you want to not have any problems."

"Pain is inevitable. It is an integral part of the human condition. It is our clinging to ease or our resistance to pain that causes us problems."

Peter Hollins

How to Suffer Well

Happy Birthday Rugs-€7,000 Raised During Mental Health Week

**If your actions
create a legacy
that inspires
others to dream
more, learn more,
do more. And
become more,
then, you are an
excellent leader.**

Dolly Parton

On October 13th our wonderful friends The Rugs celebrated their 10th Birthday during Mental Health Week with a fabulous night of Ukulele performances.

Growers from all over Ireland came to join The Rugs in Rody Borland's in Rathmines as they lifted the roof and raised over €7,000 for Grow Mental Health.

As a community group themselves the Rugs understand the power of the connection created when people come together to make music and sing.

We couldn't have imagined a more positive mental health tonic than singing along with The Rugs! Thank you for marking Mental Health Week 2023 with us.

We are hoping The Rugs consider making this a yearly event as we can't possibly wait another 10 years.

The best fighter is
never angry.

Lao Tzu

Champions keep
playing until they
get it right.

Billie Jean King



Arise! Awake! And
stop not until the
goal is reached.

Swami Vivekananda

How many psychotherapists does it take to change a light bulb?
Just one, but it'll need nine more sessions.

Doctor, I feel like such a failure."
"Anyone who can pay my fees is certainly not a failure."

A Freudian slip is when you say one thing and mean your mother.

Receptionist to psychologist: "Doctor, there's a patient here who
thinks he's invisible."
"Tell him I can't see him right now."

At a job interview for a new receptionist:
"I see you used to be employed by a psychotherapist. Why did you
leave?"
"Well, I just couldn't win. If I was late to work, I was hostile; if I was
early, I was anxious; and if I was on time, I was obsessional."

Christina's Story "This big hole in my chest opened up again."

"I was driving home with my three kids. They were fast asleep on the back seat when I felt it again. This big hole in my chest opened up again and I couldn't bear it anymore. By this time, I was regularly self-harming, but it wasn't working anymore. The tension didn't stop building inside me. There was this road home; a straight road with a corner and a wall at the end. My mom and dad were sick and getting old. They would not be able to look after my children. I could not leave them with their abusive alcoholic dad, because I knew he would ruin them altogether. It seemed that the safest thing was to bring them with me and this was the right moment. I floored the car, tears falling down my face and I just kept looking at my kids in the mirror. In the last second, by the grace of God, my foot came off the pedal and I barely made that corner...

As I came around, I was scared to death, but that hole in my chest was still there. When we got home, I acted as normal. The kids went straight to bed. My husband was in the living room. When you are in this kind of state, you are your own most hated enemy. I told myself that if I was a good person, my life would be different. I would not be in an abusive relationship. My kids would not have all these issues in school. I would be a better daughter, a better mother, and a better wife... I tried so hard to be there for everyone that I never actually attended to myself.

I wanted to punish myself for what I have done. The negative thoughts in my head became unbearable once again and I needed to release. Two days later, I ended up in a psychiatric unit. In there, I got to know about Grow Mental Health. Getting to know them was the first step of my long recovery. I learnt how to re-programme my thought patterns to be able to build a better and more compassionate self. I am now divorced. I am involved with a local school in the parish and I volunteer with Grow weekly. I am certain that I would not be here today without their program and my group and for that, I will be forever grateful."

