



## Thought of the Month News & Notes

In This Issue

[Thought of the Month](#)

[News & Notes](#)

Quick Links.

[Register for our 2010  
Workshops](#)

[Register for our Next  
Step Workshops](#)

[Register for our  
Parenting Workshops](#)

[Thought of the Month  
Archive](#)

Join Our List

[Join Our Mailing List!](#)

### Quotes of the Month

**A Few Quotes on  
Christmas, Hannukah  
and Kwanza**

Christmas waves a  
magic wand over this  
world, and behold,  
everything is softer  
and more beautiful.  
~Norman Vincent  
Peale

Colorful candles  
burning bright, each  
lit on eight very  
special nights.  
Author Unknown

May the lights of  
Hanukkah usher in a  
better world for all  
humankind.  
Author Unknown

**Issue: #12.**

**December 2009**

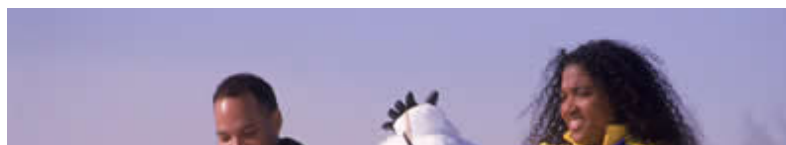
**Dear Friends,**

**Do you remember what a special time of the year Christmas and Hannukah (and now, Kwanza) was when you were a child? It was magical! You behaved better than ever, made funny little homemade gifts for parents and they loved them and you had a constant feeling of expectation. You *knew* that wonderful things were in store for you! Well, we all know how and why we lost that feeling but wouldn't it be nice to capture it once again?**

**We're sure you know someone who has totally shut him or herself off from things because of unhappiness, depression, bad luck, job loss, debt and/or illness. We also know of someone who has experienced one or more of these issues but is the happiest person we have ever met! What makes the difference? Is it hope, optimism or is he or she just naive? Science has proven that people who have hope and optimism live longer and are healthier and happier. You know what else? You can ACT happy and optimistic and get the same results! Somehow you just start believing.**

**Our wish for you this season is to BELIEVE! Try it and you and your loved ones will benefit.**

**Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.**



Author Unknown

He who has not  
Christmas in his heart  
will never find it  
under a tree. ~Roy L.  
Smith

Christmas, children, is  
not a date. It is a  
state of mind. ~Mary  
Ellen Chase

Once again we find  
ourselves enmeshed  
in the Holiday Season,  
that very special time  
of year when we join  
with our loved ones in  
sharing centuries-old  
traditions such as  
trying to find a  
parking space at the  
mall. We traditionally  
do this in my family  
by driving around the  
parking lot until we  
see a shopper emerge  
from the mall, then  
we follow her, in very  
much the same spirit  
as the Three Wise  
Men, who 2,000 years  
ago followed a star,  
week after week,  
until it led them to a  
parking space.  
~Dave Barry

Put on your yarmulke,  
Here comes  
Hanukkah!  
So much funukah,  
To celebrate  
Hanukkah!  
Hanukkah is the  
festival of lights.  
Instead of one day of  
presents, we have  
eight crazy nights.  
Adam Sandler  
The Hanukkah Song

The best of all gifts  
around any Christmas  
tree: the presence of  
a happy family all  
wrapped up in each  
other. ~Burton Hillis

Santa is very jolly  
because he knows  
where all the bad  
girls live. ~Dennis  
Miller

They celebrated it for  
eight days with  
gladness like Sukkot  
and recalled how a  
little while before,  
during Sukkot,  
they had been  
wandering in the  
mountains and  
caverns like wild



**MARK YOUR CALENDARS...LOTS OF  
OPPORTUNITIES...PLEASE JOIN US:**

**"The Next Step:Overcoming Reactivity"  
opportunity Frederick, MD**

**January 30-31, 2010**

**"Conscious and Connected Parenting"  
Workshop in Frederick**

**February 20-21, 2010**

**We are very excited about sharing this  
material and the experience from our previous  
workshops with parents. Your children will  
appreciate that you are participating in  
"Mommy & Daddy School" as a way of being  
the best parents you can be.**

**(This is powerful for parents of all age  
children.)**



animals.  
So carrying lulavs  
...they offered hymns  
of praise  
to God who had  
brought to pass the  
purification of His  
own place.

II Maccabees 10. 6-7

There has been only  
one Christmas - the  
rest are  
anniversaries. ~W.J.  
Cameron

It is Christmas in the  
heart that puts  
Christmas in the air.  
~W.T. Ellis

Faith is taking the  
first step even when  
you don't see the  
whole staircase.  
~Martin Luther King  
Jr.

Faith makes the  
discords of the  
present the  
harmonies of the  
future. ~Robert  
Collyer

For Africa to me... is  
more than a  
glamorous fact. It is  
a historical truth. No  
man can know where  
he is going unless he  
knows exactly where  
he has been and  
exactly how he  
arrived at his present  
place. ~Maya  
Angelou

"I must do  
something" always  
solves more problems  
than "Something  
must be done."  
~Author Unknown

The time is always  
right to do what is  
right. ~Martin Luther  
King, Jr.

Act as if what you do  
makes a difference.  
It does. ~William  
James

In the old days, it was  
not called the Holiday  
Season; the  
Christians called it  
'Christmas' and went  
to church; the Jews  
called it 'Hanukkah'  
and went to  
synagogue; the  
atheists went to  
parties and drank.



## December 14, 2009 Teleclass, "Curiosity and Compassion: The Keys to Intimacy."

8:00 p.m. - 9:00 p.m. EST

E-mail or call to let us know you want to  
participate so we can send you the number to  
call. 301-898-0527 or 301-404-7711  
[info@connectingcouples.net](mailto:info@connectingcouples.net)

Thought of the Month

December: Celebrate and Enjoy!



This month finds us in the same place many of you find  
yourselves. Busy trying to stay healthy and "bug" free  
(and not doing a great job of that!) and dealing with the  
issues of family, shopping, travel and the hustle and  
bustle of the season.

Our Thought is simple this month---*Celebrate and Enjoy!*  
In case you didn't already know it, we don't have a  
perfect marriage, we also don't have a perfect life...or  
management of it...so the January Thought will be  
doubly interesting. We hope everyone has great holidays  
and, like us, finds a way to slow down in order to  
celebrate enjoy the joyful connections in our lives.

With abundant blessings,  
David (& Donna)

December 14, 2009 for Teleclass  
"Curiosity and Compassion: The Keys to Intimacy."  
8:00 p.m.-9:00 p.m. EST

January 30-31, 2010 for "The Next Step: Overcoming  
Reactivity" opportunity in Frederick, MD

February 20-21, 2010 for "Conscious and Connected  
Parenting" workshop in Frederick.



People passing each other on the street would say 'Merry Christmas!' or 'Happy Hanukkah!' or (to the atheists) 'Look out for the wall!' ~Dave Barry, "Christmas Shopping: A Survivor's Guide"



Chanukkah, Oh  
Chanukkah  
Come light the  
menorah  
Let's have a party  
We'll all dance the  
hora  
Gather round the  
table, we'll have a  
treat  
Shiny tops to play  
with, latkes to eat.  
And while we are  
playing  
The candles are  
burning low  
One for each night,  
they shed a sweet  
light  
To remind us of days  
long ago.  
Chanukkah, Oh  
Chanukkah (Song)

And the Grinch, with  
his Grinch-feet ice  
cold in the snow,  
stood puzzling and  
puzzling, how could it  
be so? It came  
without ribbons. It  
came without tags. It  
came without  
packages, boxes or  
bags. And he puzzled  
and puzzled 'till his  
puzzler was sore.  
Then the Grinch  
thought of something  
he hadn't before.  
What if Christmas, he  
thought, doesn't  
come from a store.  
What if Christmas,  
perhaps, means a  
little bit more. ~Dr.  
Seuss

### The Imago Process

Relationships become relaxed and joyful as day to day connection is experienced even amidst the stresses of life. The powerful bond between the couple creates a sacred space for healing and transformative growth. The trained IMAGO coach gently holds the couple as they find their way back to the marvelous impulses of the romantic days and helps them solidify their vision for the future.

Please stay in touch and let us know how to support you.

**HAPPY HOLIDAYS!**

**With Love and Abundant Blessings,  
David and (Donna)**



[Forward email](#)

SafeUnsubscribe

Trusted Email from  
**Constant Contact**

Try it FREE today.

This email was sent to info@connectingcouples.net by [info@connectingcouples.net](mailto:info@connectingcouples.net) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Bowman & Associates, PA | 7823 Chestnut Grove Road | Frederick | MD | 21701