



# Connecting Couples

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## Thought of the Month News & Notes

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### Quotes of the Month

#### Thanksgiving

If the only prayer you  
said in your whole life  
was, "thank you," that  
would suffice.  
Meister Eckhart

So once in every year  
we throng  
Upon a day apart,  
To praise the Lord  
with feast and song  
In thankfulness of  
heart.  
Arthur Guiterman,  
*The First  
Thanksgiving*

**Issue: #23.  
November 2010**

**Dear Friends,**

How many people have you heard say lately, "It can't be November already. Where did the year go?" We have asked ourselves the same question! At this time of year we tend to think about all of the things we were going to do in 2010: attend more of the kid's games, more family nights, help our partner more around the house, get that one big client/contract/job...whatever it was, 2011 is just around the corner!

Recently the Collector Edition of the "Back to the Future" movies came out and we were once again intrigued with the idea of going back and "seeing" our parents and grandparents before we came into the picture. Wouldn't that be an eye-opener when we check our "baggage?" Oh, and how fun would it be to be able to change the future---you know, a chance to re-do actions, re-do conversations and make them come out perfectly?

Well, we know we can't time travel and yes, the year is almost over but the calendar is just a guide...it does not really matter in the overall scheme of life. There are still more games to attend, more nights to gather as a family, and always, always things we can do to support our partner. Oh, and work? It will be there tomorrow, jobs will come and go but we have the perseverance to keep on keeping on, even when things get tough. That seems to be hard-wired into us. What helps? You know the answer, connecting!

Take time to connect with others and us! We are here for you. Share your problems and ideas for other

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John Fitzgerald Kennedy

Thanksgiving was never meant to be shut up in a single day.

Robert Caspar Lintner

The very fact that a man is thankful implies someone to be thankful to.

John Baillie

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes.

This is not coincidence.

Erma Bombeck

My mother is such a lousy cook that Thanksgiving at her house is a time of sorrow.

Rita Rudner

Gluttony and surfeiting are no proper occasions for thanksgiving.

Charles Lamb

An optimist is a person who starts a new diet on Thanksgiving Day.

Irv Kupcine

I love Thanksgiving turkey... it's the only time in Los Angeles that you see natural breasts.

Arnold

Schwarzenegger

Thanksgiving, man! Not a good day to be my pants.

Kevin James

Coexistence: what the farmer does with the turkey - until Thanksgiving.  
Mike Connolly

for you. Share your problems and ideas for other Thought topics and make sure you consider us when counting your blessings this holiday. We count you as one of our blessings!



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

**Teleclass, Monday, December 6, 8:00 - 9:00:**

Just call 712-432-1438, Access Code 386270# and join us for a review and discussion of Validation. How do we validate something that doesn't seem "true" and doesn't match our experience? And why is it important? What power does Validation have to create Connection?

**FIRST EVER "Getting the Love You Want Workshop" we will offer in Honolulu, Hawaii (January 7, 2011 - January 9, 2011!)**

We are so excited to have the opportunity to bring the experience to Hawaii. Please consider joining us and sharing the invitation with anyone you know who may be interested. (Remember, repeating this workshop is half price for you, as "Bowman Alumni.")





## Thought of the Month

November:

### How to Talk to Your Partner - Part 3: Speak the Same As You Speak to Others



...in other words, be at least as nice in talking to your family as you would be with your customer, your employer, your rabbi, your best friend, etc....

Why do we think we have license to be impolite, demeaning or critical with our Partner when we could never imagine behaving that way with anyone else? I suppose the answer is partly that we feel safe with our "close-in" people....safe enough to be our "real" selves. But safety should not be an opportunity to hurt the ones around us. It is more of a responsibility to keep the Space clean.

The late Erma Bombeck wrote a piece about treating friends and kids the same. (I think it applies to our Partner, as well.)

She says:

A leading psychologist said parents should treat their children [Partners] as they would treat their best friend...with courtesy, dignity, and diplomacy...I thought about it. Did I really talk to my best friends like I talked to my children? Just suppose...our good friends, Fred and Eleanor, came to dinner one night and...

Well, it's about time you two got here? What have you been doing? Dawdling? Leave those shoes outside, Fred. They've got mud on them. And shut the door. Were you born in a barn?...  
...Fred! Take it easy on the chip dip or you'll ruin your dinner. I didn't work over a hot stove all day long to have you nibble like some bird...

...You all wash up and I'll take up the food. Don't tell me your hands are clean Eleanor, I saw you playing with the dog...

...Eleanor, don't talk with food in your mouth. I can't understand a word you're saying. And use your napkin.

At that moment in my fantasy, my son walked into the room. "How nice of you to come," I said pleasantly.

"Now what did I do," he sighed.

Final thoughts:

"Be at least as nice to your Partner as you are to your dog."

OR

"Be the kind of person with your Partner that your dog thinks you are."

Hope you have great Connections and great Celebrations during this Thanksgiving season!

David (& Donna)

Thanksgiving is so called because we are all so thankful that it only comes once a year.

P.J. O'Rourke

Thanksgiving comes to us out of the prehistoric dimness, universal to all ages and all faiths. At whatever straws we must grasp, there is always a time for gratitude and new beginnings.

J. Robert Moskin

There is one day that is ours. There is one day when all we Americans who are not self-made go back to the old home to eat saleratus biscuits and marvel how much nearer to the porch the old pump looks than it used to.

Thanksgiving Day is the one day that is purely American.

O. Henry

Let us remember that, as much as been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.

Theodore Roosevelt

We can only be said to be alive in those moments when our hearts are conscious of our treasures.  
Thornton Wilder

On Thanksgiving Day, all over America, families sit down to dinner at the same moment - halftime.  
Author Unknown

Dear Lord, we beg but

one boon more:  
Peace in the hearts of  
all men living,  
peace in the whole  
world this  
Thanksgiving.  
Joseph Auslander

Thanksgiving is  
America's national  
chow-down feast, the  
one occasion each  
year when gluttony  
becomes a patriotic  
duty.  
Michael Dresser

Forever on  
Thanksgiving Day  
The heart will find the  
pathway home.  
Wilbur D. Nesbit

Grace isn't a little  
prayer you chant  
before receiving a  
meal. It's a way to  
live.  
Attributed to  
Jacqueline Winspear

We give thanks for  
unknown blessings  
already on their way.  
Author Unknown

To speak gratitude is  
courteous and  
pleasant, to enact  
gratitude is generous  
and noble, but to live  
gratitude is to touch  
Heaven.  
Johannes A. Gaertner

A thankful heart is not  
only the greatest  
virtue, but the parent  
of all the other

virtues.  
Cicero

But see, in our open  
clearings, how golden  
the melons lie;  
Enrich them with  
sweets and spices,  
and give us the  
pumpkin-pie!  
Margaret Junkin  
Preston

Thanksgiving is  
possible only for  
those who take time  
to remember; no one  
can give thanks who  
has a short memory.  
Author Unknown

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## **Getting the Love You Want Workshop" Honolulu, Hawaii**

**January 7, 2011 - January 9, 2011  
Don't miss it! Tell your friends!**

### **Imago Relationships International (IRI):**

**IRI continues to work to spread the word about the  
powerful relational transformation possible through  
Imago. It also works to find new ways to support  
couples on their Journey.**

**Below are two links you might find interesting:**

**LaSplash is an online magazine with lots of in-depth  
articles and information.**

[LaSplash online magazine](#)

**There is now a blog for couples on the IRI website.  
New articles are posted frequently and regularly**

[IRI Couples Blog](#)

### **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.

With Love and Abundant Blessings,  
David and (Donna)



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