



Connecting
Couples

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Thought of the Month News and Notes

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Dear Friends,

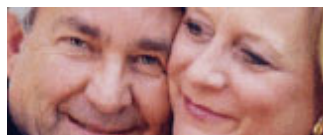
If the weather outside is frightful and your anticipation of the holiday season is less than delightful, we hope you will pause for a minute in your busy lives as we will. Our pause will give us a moment to treasure the love we have in our lives: our friends, family, neighbors, co-workers and all of those who touch our lives each day. Each of you are treasured by us and we are thankful to have you in our lives.


We wish the joy and love of the season to you and yours!

Our 2012 workshop schedule is on our website with information posted (within the next few weeks) about our new one day workshop, "Gender to Gender: What Men and Women Need to Know about Each Other." Check it out or call us (301-404-7711 or 301-898-0527) and let us know what questions you have and when you want to register.

Also, remember, our Getting the Love You Want Workshop is half price the second time around! There's always something that has new meaning for you.

**DECEMBER: "What I Really Wish You
Understood About Me Is..."**





What if we were to find out that the cause of much relationship conflict was not rooted in growing apart, loss of love, lack of satisfaction of needs, or poor communication? What if we discovered that much relationship conflict stems from the different ways males and females experience connection and the misunderstandings that result from the differences?

I am more and more clear that gender differences are a lot of what is behind relational conflict. (PLEASE...bear with me...any of you who are reading this and are a part of a same sex relationship...I want you to help me understand more and more about all this.) To put it simply, women generally desire to feel connected. Anything that happens that disrupts connection is a threat to the relationship (i.e. male anger/rage, obsessive work hours, reluctance to talk about "the relationship".) Men generally desire to be respected. Anything that disrupts respect is a threat to most males (i.e. criticism, sadness/unhappiness, insistence to talk about "the relationship.")

Donna and I got into a fuss right before a workshop last Saturday morning. I was building a fire in the fireplace, thinking that was a contribution to hosting our couples. I wasn't demanding praise and respect for that...just thinking I was doing "my part." Donna didn't see it that way. She felt alone with kitchen preparations for breakfast and thought fire building could be done later as couples arrived. At the bottom of the fuss....you guessed it. Donna felt misunderstood, discounted, and disconnected from me and I felt criticized, misunderstood, and disrespected.

How transforming it would be to get women to respond lovingly to their man's need for respect and to get men to respond lovingly to their woman's need to feel cherished and connected. (I think same sex couples often have the same dynamics...just not gender driven.)

In our new one day workshop, "Gender to Gender: What Men and Women Need to Know", we will tackle this transformation. I will work with the men to help figure out what we really want. Donna will work with the women with the same agenda. Then Donna will work with the men to see what is missing in the translation of the experience as I work with the women. We will then come together to explore new patterns of communication that can result in understanding and satisfaction of needs.

We will explore everything from sex to symphonies, anger to active listening, and physical to emotional. We will invite you to "play" a game that will build on these understandings (remember "The Newlywed Game?")

We hope many of you will join us at our home in Frederick, Saturday, January 21, 12:00 - 7:00 p.m. for an unforgettable day of learning how to understand your Partner better. We promise, as always, that we will provide an experience that will be safe as you let us support you on your amazing relationship Adventure. If this works as we believe it will, couples will feel a "burden" lifted and a more peaceful relationship.

Hope you have joyful and blessed holidays!

David (& Donna)

MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES COMING UP!

Be sure to watch this space or check our web site for future opportunities.

Getting the Love You Want Workshops

**January 13-15, Rehoboth Beach, DE
February 3-5, Frederick, MD**

QUOTES OF THE MONTH

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

Wouldn't life be worth the living
Wouldn't dreams be coming true
If we kept the Christmas spirit
All the whole year through?
~Author Unknown

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 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

Nothing's as mean as giving a little child something useful for Christmas. ~Kin Hubbard

Blessed is the match consumed in kindling flame
Blessed is the flame that burns in the secret fastness of the heart. ~Hannah Senesh

We hear the beating of wings over Bethlehem and a light

We hear the beating of wings over Bethlehem and a light that is not of the sun or of the stars shines in the midnight sky. Let the beauty of the story take away all narrowness, all thought of formal creeds. Let it be remembered as a story that has happened again and again, to men of many different races, that has been expressed through many religions, that has been called by many different names. Time and space and language lay no limitations upon human brotherhood. ~New York Times, 25 December 1937

If "ifs" and "buts" were candy and nuts, wouldn't it be a Merry Christmas? ~Don Meredith

Once again, we come to the Holiday Season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice. ~Author Unknown

I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, good-will to men!
~Henry Wadsworth Longfellow

We are on this journey with you. Keep in touch!

Sincerely,

**David and Donna Bowman
Bowman & Associates, PA**

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