



Connecting
Couples

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Thought of the Month News and Notes

In This Issue

[Thought of the Month](#)
[Upcoming Workshops](#)

Quick Links

[Register for 2012
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

[LaSplash online
magazine](#)

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Dear Friends,

Yes, it is the last day of April but this IS the April Thought of the Month, a little (or a lot) late. It is very different and more of a letter from the heart. We share this with you as you are such a part of our journey as we are of yours.

Don't hesitate to let us know how we can make your journey better. We are here for you!

Donna and David

APRIL: So Amazing, So Here....



Okay...it is 5:38 p.m. April 27, 2012...17 years and 10 minutes after I learned that my daughter, Stephanie Grace Miller, my beautiful, brilliant, independent, often difficult, gifted daughter died in a car accident 2 hours and 12 minutes earlier. So...why am I talking about this now? For those of you who know me (both then and since), it probably seems to you that I have "recovered", "moved on" and have "dealt with IT." And I have...and I HAVE NOT!

There is not a day that goes by that I don't miss Stephanie, wondering who she would be now and what she would be doing for this planet. I feel rage that she is not here with me/us...to celebrate Micah's loving relationship with Dana and their amazing daughter, Abby. (And, Dana.....watch out...Bananagrams would be her forte and she would beat us both!)

She would be cheering Seth on as he lives his Dream and trusts that "where he belongs" (Hawaii) and "showing up" will

provide the opportunity for him to step into and live his Dreams and Gifts... with all the growth "opportunities" along the way. And...just as she tried to tell me during her 16 years on this planet...she would still be trying to tell me to "lighten up"..."get a life"..."relax."

So, Stephanie, in these 17 years since you left us, I have listened a little more carefully and I am slowly learning from you, my amazing daughter. I am trying to focus my attention/energy on what provides connection and safety (versus appearances). I am trying to just "SHOW UP" and trust that the Universe will provide what points us toward wholeness and healing....along with the wisdom to "notice" it and follow it.

I love you, Stephanie Grace, and miss you. So many of us long to be with you.

Thank you for your wisdom, Stephanie Grace.

I love you,

Mom

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

May 4-May 5, Frederick, MD

June 8-9, Frederick, MD

July 20-22, Rehoboth Beach

Next Step Workshop

May 19-May20, Frederick, MD

QUOTES OF THE MONTH

God could not be everywhere, therefore he made mothers. Jewish saying

A mother's love for her child is like nothing else in the world. It knows no awe, no pity, it dares all things and crushes down remorselessly all that stands in its path. Agatha Christie

Of course if you like your kids, if you love them from the moment they begin, you yourself begin all over again, in them and with them. William Saroyan

In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony. Eva Burrows

In truth a family is what you make it. It is made strong, not by number of heads counted at the dinner table, but by the rituals you help family members create, by the memories you share, by the commitment of time, caring, and love you show to one another, and by the hopes for the future you have as individuals and as a unit. Marge Kennedy

[A mother] discovers with great delight that one does not love one's children just because they are one's children but because of the friendship formed while raising them. Gabriel Garcia Marquez

The Family is the Country of the heart. There is an angel in the Family who, by the mysterious influence of grace, of sweetness, and of love, renders the fulfillment of duties less wearisome, sorrows less bitter. The only pure joys unmixed with sadness. Giuseppe Mazzini

Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other - it doesn't matter who it is and that will help you to grow up in greater love for each other. Mother Teresa

Children are the bridge to heaven. Persian proverb

One laugh of a child will make the holiest day more sacred still. Robert G. Ingersoll

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

Sincerely,

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

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