



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
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

[LaSplash online
magazine](#)

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Dear Friends,

Peace! Joy! Love! Yes, those words are ringing in our ears, too! Everywhere we look we are reminded that it is a wonderful time of the year. Maybe your family and friends are of the "perfect" variety--you know, they host wonderful, flawless parties, have well-behaved children and the rare perfect relatives that do not argue, love the gifts, don't eat or drink too much and never, ever criticize anyone else in the family. What? Not yours? Well, this is not exactly ours either.

Our family and friends are just people on a journey, just as we are and they sometimes stumble a bit, just like us! I guess the holiday season with all of its stresses may be a good time to remember that we are all striving for love and understanding. Cut yourselves a little slack, don't worry and stress too much and let a little light in your heart. I hope this Thought helps!

As always, if you need us, just call.

Donna and David

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**DECEMBER 2014: "It's the
most...wonderf...stressful. . .time of
the year!"**

The popular song recorded by Andy Williams

in 1963 is delightfully nostalgic.

"With the kids jingle belling and everyone telling you 'be of good cheer', it's the most wonderful time of the year. It's the happiest season of all, with those holiday greetings and gay happy meetings, when friends come to call, it's the hap-happiest season of all."

Maybe it was easier to experience the happy and wonderful holiday season in 1963. I was only twelve. Many of you reading this were not even born. I remember our family glued to the TV for the whole weekend of the Kennedy assassination. I remember playing cards as a family on many cold holiday nights, with cider and popcorn. Come to think of it we were pretty connected. We were not an emotionally connected family, but there was a sense of togetherness.

These days there are so many "exits" through which family energy can escape. This is especially true at the very holiday time which is supposed to connect us.

The kids I know are not jingle belling. They are lost in the world of electronics.

Instead of people telling me "be of good cheer," what I hear is, "Are you ready for Christmas?" This simply reminds me of all the additional decorating, shopping and arranging that needs to be done.

"It's a time when friends come to call," translates to all kinds of stressful feelings when it comes to extended family and in-law harmony. I don't have to elaborate on this, do I?

Financial worries can peak at this "...happiest time..." which can drain energy and put stress on our relationships.

So how can we restore the holidays to a wonderful time of joyful connection?

Some tips.

1. Ask yourselves, "What do we really want to experience together?" This is different than "What must we do for our extended families or others?"

2. Develop some family rituals that are free of electronics.

3. When you are involved with extended families, create times that you can check on your Space as a couple.

4. Strategize together about gifts and spending, remembering that very meaningful and creative gifts often cost no money.

5. Men, help her out with stuff, even if you are not that into it. You'll be her hero!

Donna and I wish you all joyful, relaxed, blessed, and connected holidays.

David (and 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 9-11, 2015 Frederick, MD

February 20-22, 2015 Frederick, MD

March 20-22, 2015, Frederick, MD

Next Step Workshop

March 7-8, 2015 Frederick, MD

QUOTES OF THE MONTH

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

Happy, happy Christmas, that can win us back to the delusions of our childhood days, recall to the old man the pleasures of his youth, and transport the traveler back to his own fireside and quiet home! Charles Dickens

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. Dave Barry

I don't think Christmas is necessarily about things. It's about being good to one another, it's about the Christian ethic, it's about kindness. Carrie Fisher

What I don't like about office Christmas parties is looking for a job the next day. Phyllis Diller

My brothers and sisters, may the spirit of love which comes at Christmastime fill our homes and our lives and linger there long after the tree is down and the lights are put away for another year. Thomas S. Monson

The main reason Santa is so jolly is because he knows where all the bad girls live. George Carlin

Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas. Calvin Coolidge

I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph. Shirley Temple

The Supreme Court has ruled that they cannot have a nativity scene in Washington, D.C. This wasn't for any religious reasons. They

couldn't find three wise men and a virgin. Jay Leno

A lovely thing about Christmas is that it's compulsory, like a thunderstorm, and we all go through it together. Garrison Keillor

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

Sincerely,

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

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