



Connecting  
Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

## Thought of the Month News and Notes

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Dear Friends,

**Fresh snow, at least at the Bowman compound! What a delight....to have a snowblower. We are blessed to be warm and have those we love close by. We hope you too, are safe and warm and ready to explore the new year, new experiences, new friends, new challenges and renewed hopes and energy.**

**This Thought explores the reasons why attending a workshop can be a renewal opportunity for you and your partner as well as for your relationship.**

**As always, if you need us, just call.**

**Donna and David**

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### **JANUARY 2016: Taking The Next Step**

**Taking The Next Step,  
Ten Reasons to Attend Our Second Level  
Workshop:  
"Overcoming Reactivity"**

**April 23 - 24 or September 24 - 25, 2016**

**1. The first workshop is a lot to take in. Our brief review will be familiar music to your ears. And, hearing it the second time, you might understand something in a new and helpful way.**

**2. You will be with other couples who have the same experience in Imago concepts. Everyone is already "a Believer" and relaxed...ready for more. There is a built in feeling of comradeship.**

**3. You will be challenged to move to new levels of providing safety and intimacy with each other.**

**4. You will learn how to begin any dialogue in a safe way rather than a way that feels threatening to your partner. This, alone, is worth doing the weekend.**

**5. You will learn a new tool for sharing your "most difficult neighborhood".**

**6. You will gain new insight on why your partner's brain reacts in your relationship in a very different way than your brain does.**

**7. You will come away with renewed hope and greater sense of empowerment for creating a relationship of depth and passion.**

**8. You will be inspired to see David and Donna work through a real life frustration with each other and come out of it with new growth and healing. (David shares a frustration and Donna has no idea what it will be.)**

**9. The whole realm of Imago insights will come together in a new way and make sense.**

**10. You will once again enjoy the snacks that Donna is famous for, including Costco's Chocolate Cake this time. (It's to die for!)**

**Now I want you to know almost every word of the "ten reasons" was taken from the feedback of actual participants who have been to one of the "Second Level" weekends. It is truly a more relaxed and enjoyable workshop for most. And it really is a powerful follow up for getting "across the**

**hump" in experiencing a conscious and joyful relationship.**

**We go from 9-6 on Saturday and 9-5 on Sunday. While we are half full already for April 23 - 24, we will still welcome 5 or 6 more couples. Or you can choose the September 24 - 25 weekend.**

**Research has shown that most couples backslide after the first workshop. This is true of any workshop of a personal growth nature. We have designed this two day weekend as a hedge against falling back. And it works!**

**You can go on the website:  
[Connecting Couples Workshops](#)  
or you can email  
[info@ConnectingCouples.net](mailto:info@ConnectingCouples.net)  
or call 301-404-7711 to get registered.**

**And let us know of any other ways we can help you on your journey.**

**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**

**February 26-28, 2016, Frederick, MD**

**April 1-3, 2016, Frederick, MD**

### **Next Step Workshops**

**April 23-24, 2016**

**September 24-25, 2016**

### **QUOTES OF THE MONTH**

**"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand**

**and for a talk beside the fire: it is the time for home." Edith Sitwell**

**"My old grandmother always used to say, Summer friends will melt away like summer snows, but winter friends are friends forever." George R.R. Martin, A Feast for Crows**

**"What good is the warmth of summer, without the cold of winter to give it sweetness." John Steinbeck, Travels with Charley: In Search of America**

**"Winter is nature's way of saying, "Up yours." Robert Byrne**

**"A lot of people like snow. I find it to be an unnecessary freezing of water." Carl Reiner**

**"Snow flurries began to fall and they swirled around people's legs like house cats. It was magical, this snow globe world." Kenneth Grahame, The Wind in the Willows**

**No animal, according to the rules of animal-etiquette, is ever expected to do anything strenuous, or heroic, or even moderately active during the off-season of winter." Sarah Addison Allen, The Sugar Queen**

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

**Sincerely,**

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

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