



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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on Facebook!](#)

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Issue: #84
April 2016

Dear Friends,

We have a challenge for you this month. Shortly, we will ask you to do the opposite of what we usually expect: instead of "keep reading" we will challenge you to "stop reading" and unburden yourselves. Are you curious? We hope so! EnJoy our Thought this month!

As always, if you need us, just call.

Donna and David

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APRIL 2016: "Release Your Joy"

One of the Principles of a Fully Alive Relationship is to "Release Your Joy Every Chance You Get." What do we mean when we offer that as a Principle? We mean making a conscious decision to do something that will celebrate your Togetherness... your Couple-Hood! Recognizing Joy in the fact that you are Alive...Joy in the fact that you are (and have the chance to figure out how to be) Together...Joy in having family and friend Relationships...Joy in having food to eat...Joy in being able to walk...able to see...able to hear.

It is SOOOO easy to get caught up in "life" (or the "brutal facts" as our mentor, Hedy

Schleifer, calls them.) And, soon, life begins to feel like a burden. We go through the motions with ourselves, our Partners, and our Family....all the people in our life who REALLY matter to us. And, then it is so easy to become so burdened and stressed by life that all our relationships suffer.

Remember your Romantic Days? Nobody had to remind you to release your Joy with each other. You became energized over a sunny day. You were ecstatic when you saw a butterfly together. You were enjoying deep intimacy while sharing an Outback Special. NOTHING could stop your Joy!!!

NOW...QUIT READING, go find your Partner and make plans to find and release your Joy together in some intentional way (whether they "want" to or not!)

EnJoy!

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

May 20-22, 2016, Frederick, MD

June 17-19, 2016, Frederick, MD

July 15-17, 2016, Frederick, MD

Next Step Workshops

September 24-25, 2016

QUOTES OF THE MONTH

The bond that links your true family is not one of blood, but of respect and joy in each other's life. Richard Bach

Find a place inside where there's joy, and the joy will burn out the pain. Joseph Campbell

Happiness lies in the joy of achievement and the thrill of creative effort. Franklin D. Roosevelt

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves. Buddha

There is no glory in star or blossom till looked upon by a loving eye; There is no fragrance in April breezes till breathed with joy as they wander by. William C. Bryant

We could never learn to be brave and patient, if there were only joy in the world. Helen Keller

Joy is prayer; joy is strength: joy is love; joy is a net of love by which you can catch souls. Mother Teresa

The walls we build around us to keep sadness out also keeps out the joy. Jim Rohn

A thing of beauty is a joy forever: its loveliness increases; it will never pass into nothingness. John Keats

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

Sincerely,

**David and Donna Bowman
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