



Connecting
Couples

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

Thought of the Month News and Notes

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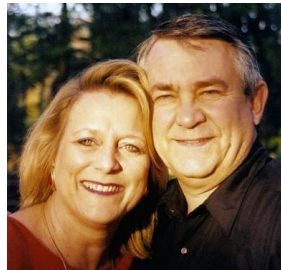
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Dear Friends,

It is such a joy for us to wish you Happy Holidays! By December each year we are busy implementing the plans we hatched earlier in the year and are looking forward to the challenges of the new year. Your stories impact our plans and we hold you in our hearts as we look for inspiration or that perfect phrase or answer to your personal dilemma...whatever will help you on your path.

Yes, we are present in your lives, and hopefully you will let us know how we can help you in your journey. But for now, revel in the joy of family, friends and the love of others for a joyous holiday season.

Donna and David

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DECEMBER: The Present of Presence

I'll make the thought for this month short and sweet so that you can concentrate on making the Hanukkah or Christmas Holidays

alive and joyful.

A lot of the season centers on giving gifts to those who are in our lives. The origin of gift giving for Hanukkah is around the celebration of the recovery of the Temple of Jerusalem in 165 B.C. from Syrian rule. For Christians, gift giving goes back to the respectful reverence paid to the Christ child by the strange foreigners known as Magi. (Historically, these Magi did not arrive until Jesus was a toddler, but that fact kind of messes with your manger scenes, doesn't it? Sorry!)

At any rate, the real gifts have to do with Presence. For the Jews, it is the Presence once again in the temple which is rightfully theirs. For the Christians it is the Presence of people who show up with honor for the unfolding of the story of Christ.

As I think about it, whenever I have had the occasion to ask someone "What do you really want?" the answer almost always involves not a present, but the Presence of another.

"I want to have more years with my wife"

"I wanted my Dad to just be there"

"I want him to just listen to me"

"I want her to spend more time with the family"

"I want him/her just to come home again"

"I want us just to be able to talk about things peacefully"

These are the deepest yearnings that I hear people wanting. For this holiday season, go ahead and get creative. Give someone the present of your Presence. Be proactive. Show up. Make it happen.

Happy Holidays to all our wonderful Imago couples. We think of you as a group of 1700 or so couples out there making the world a better place one couple at a time.

(April 1-2 is our Second Level "Overcoming Reactivity" weekend. Many folks have moved to a new level through this workshop. It is packed with tools for increased positive connection. Please contact us to get registered.)

Warmly,

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 6-8, 2017, Frederick. MD

February 10-12, Frederick, MD

March 17-19, Frederick, MD

Next Step Workshop

April 1-2, 2017, Frederick, MD

Quotes of the Month

"Christmas is not as much about opening our presents as opening our hearts." Janice Maeditere

"Mail your packages early so the post office can lose them in time for Christmas." Johnny Carson

"Love the giver more than the gift." Brigham Young

"I bought my brother some gift-wrap for Christmas. I took it to the Gift Wrap department and told them to wrap it, but in a different print so he would know when to stop unwrapping." Steven Wright

**"One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don't clean it up too quickly."
Andy Rooney**

"Christmas is a time when you get homesick - even when you're home." - Carol Nelson

"I will honor Christmas in my heart, and try to keep it all the year." - Charles Dickens

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

Sincerely,

**David and Donna Bowman
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