



Connecting
Couples

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

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](#)

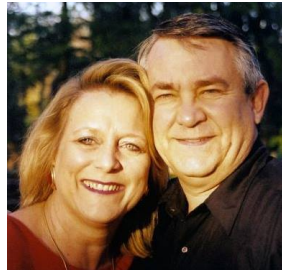
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magazine](#)

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Dear Friends,

I love November! I like the fact that I have 30 days in a month that is designated for Thanksgiving to express my own gratitude for the little things and the big things in my life. One of the big things for Donna and I is the absolute awe that we have to be able to work every day to strengthen our own partnership and to help strengthen and nurture the partnerships of those who come to us. The workshops, the conversations, the calls, emails and texts, the little things, all give us joy and opportunities to be Thankful.

If we haven't said it as much as we should, please know we are thankful for each of You♥

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Keep in touch!

David (and Donna)

**NOVEMBER: Men Behaving Well...The
Forgotten Many**

It is really great in this pivotal moment in our cultural history that some groups of people are finally getting the attention they deserve. The one group is men who, for whatever reason, have been entitled to behave very badly toward women. The other group is the vast number of women who, until now, have not had the cultural support to voice the indignations of the sexual power abuses that have been foisted upon them by these men. One can only wonder where we will evolve as this social scourge continues to be brought to light.

This essay represents my need as a man to honor and admire the vast majority of men who are being left out of this national conversation.

I honor and admire the many men who would never consider actually touching a woman sexually anywhere against her will. (Fantasies are one thing; actual abuse is another.)

I honor and admire the many men who can learn even from their committed partner that groping and any other demeaning behavior is not loving.

I honor and admire the many men who no longer engage in locker room talk, even in the locker room. (It was cool in college. NO MORE!)

I honor and admire the many men who actually respect their partner's sexual desire timetable and seek to talk through any discrepancy.

I honor and admire the many men who genuinely seek their partner's pleasure as much as their own.

I honor and admire the many men who believe women when they courageously come forth with the truth they have been

shamed into hiding. (Do you know how rare false claims of abuse are?)

I honor and admire the many men who celebrate the drive for more women in power.

I honor and admire the many men who right now are ashamed of some unfair behavior they have done with some woman in the past. (We've all done something...not necessarily sexual!)

I honor and admire the many men who are confused right now about what behavior is friendly and appropriate and what behavior is beyond.

I honor and admire the many men who are willing to listen to their partner for the answer to the previous item.

I honor and admire the many men who truly want to know how to respect and cherish their partner.

I honor and admire the many men who want their sons to be completely free of the gray confusion of this national conversation. And who want their daughters to be safe from even having to think about being abused.

***Note:* This essay is very personal for me and for the many men who relate to every one of the points above.**

Your feedback will be so welcomed.

David

**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 5-7, 2018, Frederick, MD

February 9-11, 2018, Frederick, MD

March 16-18, 2018

Next Step Workshop

April 21-22, 2018, Frederick, MD

Parenting Workshop

February 3-4, 2018, Frederick, MD

QUOTES OF THE MONTH

"Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy." Fred De Witt Van Amburgh

"The way to develop the best that is in a person is by appreciation and encouragement." Charles Schwab

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." Epictetus

**"The world has enough beautiful mountains and meadows, spectacular skies and serene lakes. It has enough lush forests, flowered fields, and sandy beaches. It has plenty of stars and the promise of a new sunrise and sunset every day. What the world needs more of is people to appreciate and enjoy it."
Michael Josephson**

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." John F. Kennedy

"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful." Buddha

**"Silent gratitude isn't very much to anyone."
Gertrude Stein**

**"Gratitude and attitude are not challenges;
they are choices." Robert Braathe**

**"When I started counting my blessings, my
whole life turned around." Willie Nelson**

**"This a wonderful day. I've never seen this
one before." Maya Angelou**

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

Sincerely,

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

Bowman & Associates, PA, 7823 Chestnut Grove Road, Frederick, MD 21701

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