



Connecting
Couples

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Thought of the Month News and Notes

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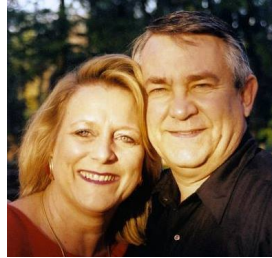
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Dear Friends,

Summer is almost over and the days are getting shorter. We loved these days when our children were younger and we helped prepare them for the new school year. Donna especially loved buying school supplies and new clothes for our daughter. Even though those days are upon a lot of you and your family, sometimes you might just feel a bit of relief that the kids will be on the bus or in the carpool soon. Out the door and with them, some of the problems, challenges and issues that surfaced during summer vacation.

If you, like all families, faced a few challenges this summer, I recommend that you seriously consider our upcoming workshop, Conscious and Connected Parenting . It might be just what your family needs!

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Keep in touch!

David (and Donna)

**AUGUST: Conscious and Connected
Parenting**

Would you love to have more peace in your interaction with your children?

Would you love to feel more confident that you had the tools to be a more effective and respected parent?

Would you love to enjoy your family rather than seeing your family as a source of stress?

Would you love the relief of knowing that you have within you everything you need to be an excellent parent for your children?

If any of these questions speak to you, we have a rich and wonderful two day workshop that will absolutely give you an empowered sense of your skill in parenting. Money back guarantee. The weekend is October 26-27. Saturday, 9:00-6:00, and Sunday, 9:00-5:00. The cost is \$675 and the deposit to hold your place is \$200.

This event is different than any other parenting instruction in that we come at parenting with the wonderful concepts and tools of Imago that you are already familiar with.

Following are the "David and Donna assumptions" around which we have built this weekend. Please consider making this investment for your selves and for those who look to you for guidance and protection in a crazy world.

1. You are better parents than you imagine.

- Your kids love you.**
- You need to be strong parents and people.**
- Your mistakes are minuscule compared to the power of your connection.**
- The Universe has gifted you with a sacred opportunity for connection and growth.**

2. Our parenting is heavily influenced by our own childhood story.

- Wherever we were stuck in our own development is where we find ourselves stuck as a parent.
- As we better understand our own story we are empowered to become more and more conscious parents.

3. We become more conscious parents as we reflect on the parts of us that are blocked.

- Our reactivity diminishes as our consciousness increases.
- Reclaiming our lost parts allows us to share our full aliveness with our children.

4. Children need to be enjoyed and valued rather than managed.

5. The best model for life you can give your children is your own relationship.

You can call or text 301-404-7711. You can email us at bofolks@comcast.net. Or you can go to our website [Parenting Workshop](#) and register for "Conscious and Connected" parenting that way.

We look forward to our continued connection with all of you.

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

October 11-13, 2019, Frederick, MD

November 1-3, 2019, Frederick, MD

December 6-8, 2019, Frederick, MD

Next Step Workshop

Parenting Workshop

October 26-27, Frederick, MD

QUOTES OF THE MONTH

Children really brighten up a household. They never turn the lights off. Ralph Bus

Never underestimate a child's ability to get into more trouble. Martin Mull

To be a successful father there's one absolute rule: when you have a kid, don't look at it for the first two years. Ernest Hemingway

Children ask better questions than adults. "May I have a cookie?" "Why is the sky blue?" and "What does a cow say?" are far more likely to elicit a cheerful response than "Where's your manuscript?" "Why haven't you called?" and "Who's your lawyer?" Fran Lebowitz

I have just returned from a children's party. I'm one of the survivors. Percy French

Children are the most desirable opponents at Scrabble as they are both easy to beat and fun to cheat. Fran Lebowitz

There are only two things a child will share willingly; communicable diseases and its mother's age. Benjamin Spock

You can learn many things from children. How much patience you have, for instance. Franklin P. Jones

In general my children refuse to eat anything that hasn't danced in television. Erma Bombeck

The easiest way to teach children the value of money is to borrow some from them.

Anonymous

Children have never been very good at listening to their elders, but they have never failed to imitate them. James Arthur Baldwin

I've noticed that one thing about parents is that no matter what stage your child is in, the parents who have older children always tell you the next stage is worse. Dave Barry

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

Sincerely,

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