



Thought of the Month News and Notes

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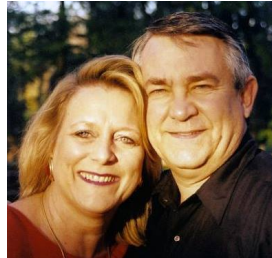
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Dear Friends,

I went to a Holiday Music Concert today and a tenor soloist sang a sweet song I had totally forgotten! He sang "My Grown Up Christmas List." The words have such poignancy today I would like to share them with you.

**"Do you remember me?
I sat upon your knee
I wrote to you with childhood fantasies
Well I'm all grown up now
and still need help somehow
I'm not a child but my heart still can dream.
So here's my lifelong wish
My grown-up Christmas List**

**Not for myself, but for a world in need
No more lives torn apart,
Then wars would never start
and time would heal the heart
And everyone would have a friend
And right would always win
And love would never end, oh
This is my grown-up Christmas List."**

I kind of love this grown-up Christmas list!

Donna and I wish you all a wonderful holiday season, be it Christmas, Hanuka, Kwanzaa, Winter Solstice, Las Posadas, Diwali or Chinese New Year!

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Keep in touch!

David (and Donna)

NOVEMBER/DECEMBER: A Holiday Thought

It is the holiday season for most folks in the Western World. And while this can be a time of celebration and family connection, I've noticed some holiday hazards for couples.

Here are a few:

- The holiday season can be stressful, especially for women who usually wind up doing the shopping, cooking, arranging family stuff, worrying about how drunk Uncle Bill will get, etc. I notice that men tend to escape or avoid these extra stresses, which can, in itself, lead to conflict.**
- Extended families and in-laws usually come into the picture which, for many couples is a built-in source of conflict.**
- The extra business and effort to be with the larger family can take a couple away from each other, even if all the families get along.**
- Spending, debt, and other stress about money seem to peak around this time of year which adds another potential conflict ("opportunity", I mean) for couples.**

Here are some tips:

- Men...for heaven's sake, help her out with stuff, even if you are not that much into it! You will be her HERO!**
- Women...for heaven's sake, tell him thank you and that you appreciate that is willing to**

- help, even if he doesn't do it exactly the way you would have done it.
- Use dialogue to strategize and plan for the visits with extended families. Learn about each others desires and fears ahead of time. Also, strategize ways you can "check in" with each other throughout the time and stay connected.
 - Develop some simple rituals or traditions for you as a couples and/or your nuclear family. Slow it down and really connect meaningfully with those you live with.
 - Dialogue again about gifts and spending expectations. You know by now that you, as a couple, are probably at opposite ends of the galaxy from each other. Also, remember that generosity and giving does not have to involve just money. (And be sure to show up and tell each other clearly what gifts you may want so your partner doesn't have to guess and get it wrong!)

Donna and I wish for you joyful, relaxed, blessed and connected holidays. With great encouragement and hope, David and Donna.

P.S.: If you are interested, we did a local podcast in Frederick for people to listen to. We are podcast #7. It's about Imago in general and the holidays in particular.

Find it here: thenewmid.com/podcast.

**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 10-12, 2020, Frederick, MD

February 21-23, 2020, Frederick, MD

March 27-29, 2020, Frederick, MD

Parenting Workshop

February 3-4, 2020, Frederick, MD

QUOTES OF THE MONTH

Blessed is the season which engages the whole world in a conspiracy of love. Hamilton Wright Mabie

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. Helen Keller

Christmas, my child, is love in action. Every time we love, every time we give, it's Christmas. Dale Evans

Unity, to be real, must stand the severest strain without breaking. Mahatma Gandhi

Christmas is a necessity. There has to be at least one day of the year to remind us that we're here for something else besides ourselves. Eric Sevareid

Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas. Calvin Coolidge

Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you. Thinking of you this holiday season! T.A. Barron

Love the giver more than the gift. Brigham Young

I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph. Shirley Temple

Do what you do. This Christmas, Hanukkah, Kwanzaa, New Year's Eve, Twelfth Night, Valentine's Day, Mardi Gras, St. Paddy's Day, and every day henceforth. Just do what you do. Live out your life and your traditions on your own terms. If it offends others, so be it.

That's their problem. Chris Rose

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

Sincerely,

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