

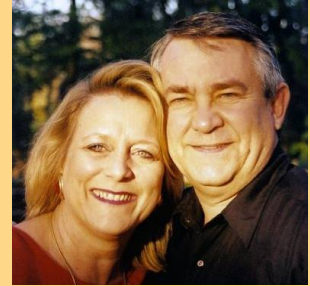


Connecting  
Couples

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

# Thought of the Month

## News and Notes



May 2021; Issue #144

### In This Issue

[Thought of the Month](#)

[Upcoming Workshops](#)

### Quick Links

[Register for Workshops](#)

[Be Sure to "Like" Us on Facebook](#)

### Quotes of the Month

**"You know you're in love when you can't fall asleep because reality is finally better than your dreams." Dr. Seuss**

**"Darkness cannot drive out darkness: only light can do that."**

**Dear Friends,**

**WOW! It's hard to believe that we are in this place at this time. I don't know about you but I wondered if we were to forever be hunkered down, afraid to mix with others, no contact, lots of restrictions. But life moves on and we are so happy to begin seeing friends and traveling to visit family again. Human beings are resilient and full of love and hope for self and others. We have seen so many special relationships and interactions take place this year. Never will I doubt the vibrancy of the human spirit!**

**One new vocabulary word for me in 2020 was "Zoom" which is a noun, a verb and an adjective! Talk about resilience. What is so true is that Zoom has enabled us all to connect as human beings--to reach out to loved ones, colleagues, friends, join book groups, Rotary Clubs, attend international conferences---all from our computer or cell phone. Connecting Couples has been able to keep the connection going, to help those who needed us and to bolster the confidences and skills of those wanting to improve their partnership or marriage. Zoom was the light (for better or worse) at the end of the tunnel during the pandemic.**

**Thanks to Zoom, we have improved our services to You! Read on and see how there may just be a group that you didn't know you wanted or needed and will help you on your journey connecting with your partner.**

**Keep in touch!**

**David (and Donna)**

## May: We Have a Group For You

**Donna and I are excited to again offer our Adventures in Connection Zoom groups for the next term, (July - December, 2021.)**

**Hate cannot drive out hate: only love can do that.”  
Martin Luther King Jr.**

**"Before you marry a person, you should first make them use a computer with slow Internet service to see who they really are."  
Will Ferrell**

**"I love being married. It's so great to find one special person you want to annoy for the rest of your life." Rita Rudner**

**"You've gotta dance like there's nobody watching,  
Love like you'll never be hurt,  
Sing like there's nobody listening,  
And live like it's heaven on earth."  
William W. Purkey**

**"If you text 'I love you' to a person and the person writes back an emoji — no matter what that emoji is, they don't love you back."  
Chelsea Peretti**

**"Love is telling someone their hair extensions are showing." Natasha Leggero**

**"Women cannot complain about men anymore until they start getting better taste in them." Bill Maher**

**"Lots of people want to ride with**

**We have been delighted in the response from couples who have taken part in these groups. The Zoom format is very appealing for people with busy weekends. Who isn't! The two hour group involves a time for personal and couple centering, didactic input on a vital topic from Donna and David, group feedback/discussion, and specific skill building each couple does privately. We have been amazed at how connected the couples become, even over Zoom. Donna and I are free to share and normalize tough issues through our own relationship examples. It is a joyous meeting of positive energy and intentions from great people striving for wholeness and connection.**

**Here is what some participants have said about their experience of this monthly refresher of Imago concepts and practices for their relationship:**

***"The Adventures in Connection Group gave us monthly stimulation and guidance about ways to deepen our long relationship. We found that--no matter what the topic--we were invited into the intimate recesses of our own stories." DU and RB***

***"Sharing our journey has provided us with new insights and useful tools to navigate and strengthen our relationship. A fantastic experience!" M and J***

***"My wife and I have been part of the six week Imago group Adventures in Connection. We have found it to be an invaluable resource and have especially appreciated the monthly refresher on staying in line with Imago processes in our marriage relationship. David and Donna are such a delightful couple to work with in their active life examples. They share from real life. We also love having the connection with other couples who are working the process in their lives as well. Great stuff! The Imago work we have done with David and Donna saved our relationship. And we continue to learn and grow through the process." P and L***

***"The work we're doing on our relationship with the help of the Bowman's at Connecting Couples is improving our abilities to communicate in dialogue, and to get to the level of trust for each other that we need as a couple. This is coming about, slowly, and surely. We'll keep up our ongoing work and recommend this learning to any committed couple." PM***

***"Energy follows attention.' Whew, that was a huge 'Aha!' awakening for me. It guided me to focus on what I do want rather than what I don't want. Too often my thoughts lingered upon frictions in my husband's and my relationship. That focus of my energy accomplishes not a thing to further finding common ground between us. So, by refocusing my attention on what I DO want to further in our life does guide me in fulfilling that want. Because my energy follows what I attend to!***

***That is one of my most favorite take-aways in working with the Bowman's IMAGO Couples Workshops." EC***

**Here are the details:**

**We offer a two hour morning, afternoon, or evening**

**you in the limo, but what you want is someone who will take the bus with you when the limo breaks down." Oprah Winfrey**

**"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." Lao Tzu**

**"I think men who have a pierced ear are better prepared for marriage. They've experienced pain and bought jewelry." Rita Rudner**

**"Love is that condition in which the happiness of another person is essential to your own." Robert A. Heinlein**

**"If you can make a woman laugh, you can make her do anything." Marilyn Monroe**

**group. The dates are July 31, August 28, September 25, October 23, November 20 and December 18. (If you must miss a session, we provide a 30 minute "catch up".)**

**Here are the topics for each group:**

**Morning Group (10:00 am – 12:00 pm)**

**"Using Abundant Language"  
"How to Begin a Difficult Conversation"  
"Forgiving in Relationship"  
"The Dangers of Symbiosis"  
"Eliminating Expectations"  
"Family-Life Balance"**

**Afternoon Group (2:00 - 4:00 pm)**

**"The Pathway to Trust"  
"The Hazard of Questions"  
"Competition or Connection"  
"Finding the Sweet Spot"  
"The Root of All Anger"  
"Emotional and Physical Intimacy"**

**Evening Group (7:00 – 9:00 pm)**

**"The Power of Validation"  
"Those Difficult Decisions"  
"The Value of Play"  
"Finding the Gifts in Grief"  
"Finding Time"  
"Dreaming Your Highest Dream"**

**You may enroll in the group of your choice by calling 301-404-7711 or by emailing [info@connectingcouples.net](mailto:info@connectingcouples.net). Or you can wait until you receive an email notice in the near future that registration is available on our website.**

**The fee for the six month term is \$495 per couple. (Payment plans are available.)**

**Please let us know what questions you may have. We hope we may continue to support you on your Relationship Adventure!**

**Hope to see you (again!) soon.**

**David**



**Be sure to watch this space or check our web site for future opportunities.**

**GETTING THE LOVE YOU WANT:**

**June 5-6-, 2021**

