



Connecting
Couples

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Thought of the Month News & Notes

In This Issue

[Thought of the Month](#)

[News & Notes](#)

Quick Links.

[Register for 2009](#)

[Workshops](#)

[Check Out Our New](#)

[Workshops](#)

Join Our List

[Join Our Mailing List!](#)

Quotes of the Month

Quotes on
Thanksgiving

O Lord that lends me
life,
Lend me a heart
replete with
thankfulness.
~William
Shakespeare

None is more
impoverished than
the one who has no
gratitude. Gratitude
is a currency that we
can mint for
ourselves, and spend
without fear of
bankruptcy. ~Fred
De Witt Van Amburgh

Hem your blessings
with thankfulness so
they don't unravel.
~Author Unknown

Nothing is more
honorable than a
grateful heart.
~Seneca

If the only prayer you
said in your whole life
was, "thank you,"
that would suffice.
~Meister Eckhart

Issue: #11.

November 2009

Dear Friends,

We are so grateful for the opportunity to connect with each of you and are reminded of this privilege even more during the holidays. Thanksgiving and gratitude are natural topics for the Thought this month and though we touched on "baggage" last month, let's just find ways to enjoy the holiday ride, shall we?

When we are caught up in daily routine, the reminders of our opportunity to be thankful are all around us. By taking time to look outside ourselves, we find we are blessed to have experiences each day which give us pause and enable us to say "thank you." For some it is the simple gift of living with a child and experiencing life through a child's eyes, or it could be the kindness of a stranger---or better yet, the unexpected kindness of a spouse or partner. We hope this Thought is a reminder of how thankfulness and gratitude make life so worth living.

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.

We hope you enjoy this Thought!



**MARK YOUR CALENDARS...LOTS OF
OPPORTUNITIES...PLEASE JOIN US:**

Thanksgiving Day is a
jewel, to set in the
hearts of honest men;
but be careful that
you do not take the
day, and leave out the
gratitude. ~E.P.
Powell

So once in every year
we throng
Upon a day apart,
To praise the Lord
with feast and song
In thankfulness of
heart.
~Arthur Guiterman,
The First
Thanksgiving

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

Remember God's
bounty in the year.
String the pearls of
His favor. Hide the
dark parts, except so
far as they are
breaking out in light!
Give this one day to
thanks, to joy, to
gratitude! ~Henry
Ward Beecher

Thanksgiving Day
comes, by statute,
once a year; to the
honest man it comes
as frequently as the
heart of gratitude will
allow. ~Edward
Sandford Martin

Our rural ancestors,
with little blest,
Patient of labour
when the end was
rest,
Indulged the day that
housed their annual
grain,

With feasts, and
off'rings, and a
thankful strain.
~Alexander Pope

What we're really
talking about is a
wonderful day set
aside on the fourth
Thursday of

"The Next Step:Overcoming Reactivity" opportunity in Rehoboth Beach, Delaware (great off season prices in a delightful beach town.)

November 14-15, 2009

**Just let us know you are interested and we
will do everything we can to make the
weekend possible for you.**

"Conscious and Connected Parenting" Workshop in Frederick

November 21 - 22, 2009

**We are very excited about sharing this
material and the experience from our previous
workshops with parents. Your children will
appreciate that you are participating in
"Mommy & Daddy School" as a way of being
the best parents you can be.**

**(This is powerful for parents of all age
children.)**



**December 14, 2009 Teleclass,
8:00 p.m. - 9:00 p.m. EST**

**Please let us know of any topic that would be
of particular interest or help to you. We will
choose and send the topic in our December
Thought. Email or call to let us know you
want to participate.
info@connectingcouples.net**

Thought of the Month

November when no one diets. I mean, why else would they call it Thanksgiving?
~Erma Bombeck, "No One Diets on Thanksgiving," 26 November 1981

Thanksgiving, after all, is a word of action. ~W.J. Cameron

He who thanks but with the lips
Thanks but in part;
The full, the true Thanksgiving
Comes from the heart.
~J.A. Shedd

Thanksgiving was never meant to be shut up in a single day. ~Robert Caspar Lintner

For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.
~Ralph Waldo Emerson

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence. ~Erma Bombeck

For flowers that bloom about our feet;
For tender grass, so fresh, so sweet;

For song of bird, and hum of bee;
For all things fair we hear or see,
Father in heaven, we thank Thee!
~Ralph Waldo Emerson

An optimist is a person who starts a new diet on Thanksgiving Day.
~Irv Kupcinet

November: Connecting through the Holidays



In my growing up days, my family was absent of emotion and affection. We did, however, have some "rituals" of connection that I remember fondly.

One of these was to spend cold winter nights playing card games (Rook and Hearts are what I remember.) I really like the evenings we did this. We had other connecting rituals that were not as much fun, such as family thistle digging day and family butter bean picking/shelling day.

But the card playing was often done when there was a holiday or when we were snowed in. It was great fun for me though nobody ever described it as such.

Now I know what you are thinking. Getting a family to gather for such a Norman Rockwell moment in our current world would be virtually impossible. It's true-we had many more snowed in times when I was a kid and, clearly, we did not have much else to do.....no internet, no texting, not even many channels (much less sports) on TV. Yes, couple rituals and family rituals are hard to pull off with all of us going in so many different directions.

This holiday season, consider creating some intentional connecting moments for you as a couple and with your own nuclear family. You may find a new richness in your relationships and in your life.

Now, for some ideas:

How about cooking or baking with your Partner and/or children?

How about a special time for you and your Partner to privately exchange a special holiday gift (no money required....remember the Flooding Exercise...the

Visioning Exercise....write and share a current love letter...etc?)

You might be surprised to hook your Partner (or even your children) on Dominoes, Scrabble, or any other board game. Or if your kids must be high tech, then set up a Wii tournament. Prizes could be relief from a chore for a week.

Do I sound corny? Perhaps...or probably! But with so many experiencing so much stress preparing for and "getting through" the holidays, I want to invite us to slow ourselves down and to celebrate the real connections that are most important to us. We really do

Thou hast given so much to me,
Give one thing more,
- a grateful heart;
Not thankful when it pleaseth me,
As if Thy blessings had spare days,
But such a heart whose pulse may be Thy praise.
~George Herbert

The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings! ~Henry Ward Beecher

connections that are most important to us. We really do have much to celebrate!

With abundant blessings,
David (& Donna)

November 14 - 15 for "The Next Step: Overcoming Reactivity" opportunity in Rehoboth Beach, Delaware....

November 21 - 22 for "Conscious and Connected Parenting" workshop in Frederick.

December 14 for Teleclass
8:00 p.m.-9:00 p.m. EST



The Imago Process

Relationships become relaxed and joyful as day to day connection is experienced even amidst the stresses of life. The powerful bond between the couple creates a sacred space for healing and transformative growth. The trained IMAGO coach gently holds the couple as they find their way back to the marvelous impulses of the romantic days and helps them solidify their vision for the future.

Please stay in touch and let us know how to support you.

HAPPY THANKSGIVING!

With abundant blessings,
David (& Donna)



