



Thought of the Month News and Notes

In This Issue

[Thought of the Month](#)
[Upcoming Workshops](#)

Quick Links

[Register for 2011
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

[LaSplash online
magazine](#)

Join Our List

[Join Our Mailing List!](#)

Issue: #32
AUGUST 2011

Dear Friends,

Yes, we know August is about over and this is the August Thought! Life has had a few surprises for us this month and we just are behind.....trust you know what that is like. And, all is well.

We are looking forward to seeing many of you again at our "Next Step..." workshop November 5 - 6 in Rehoboth Beach AND at our "Conscious and Connected Parenting" workshop November 12 - 13 in Frederick. (There is \$100 discount for the parenting workshop if you register before October 1.)

AUGUST: About Forgiveness



My guess is that as we think of the theme of forgiveness, we think of all kinds of situations in life other than our most intimate relationships (i.e. partners, spouses, children.) Maybe it's time to highlight forgiveness as a vital tool for couples to employ. Why do we so seldom use the word with the people who are most important to us?

If we loaned someone our car and they had an accident, then came to us and expressed their sorrow, most of us would likely offer, "That's okay" or "You're forgiven." But if our spouse or family member wrecked our car, I think most of us would say something like, "Well, what happened" or "I knew this was going to happen" or I told

you not to drive so fast." Why is this?

Forgiveness is needed in relationships all the time, in matters both large and small. When our spouse forgets to pick up our prescription at the pharmacy, an attitude of acceptance or forgiveness contributes positive energy to our Space while any form of blame or shame poisons our Space.

But what about much more hurtful things...like our partner having an affair? How do we forgive something like that?

Here are a few thoughts on a big topic:

- Forgiveness is a choice.
- "Forgiveness is the attribute of the strong." (M. Gandhi)
- "To err is human; to forgive divine." (A. Pope)
- Forgiveness is a gift you give yourself.
- Forgiveness is more what you do for yourself, not for someone else.
- Forgiveness builds connection/energy while resentment drains connection/energy.
- Forgiveness is the ultimate act of abundance.
- Withholding forgiveness is like drinking poison and expecting the offending person to die.
- Withholding forgiveness is to choose to remain the victim.
- You may never forget but you can always choose to forgive.

And, finally, a quote from Oscar Wilde: "Always forgive your enemies...nothing annoys them so much."

Hope your fall begins with great joy and connection!

David (& Donna)

**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES
COMING UP!**

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

site for future opportunities.

Getting the Love You Want Workshops

**October 14-16, Rehoboth Beach, DE
October 21-23, Same Sex, Rehoboth Beach, DE
November 18-20, Frederick, MD
(don't forget to refer a friend!)**

Next Step: Overcoming Reactivity

November 5-6, Rehoboth Beach, DE

Parenting Workshop

**November 12-13, Frederick, MD
NOTE: SEE SPECIAL OFFER OF \$100 OFF ABOVE**

QUOTES OF THE MONTH

True friendship is like sound health, the value of it is seldom known until it be lost. Charles Caleb Colton

There are three faithful friends, an old wife, an old dog, and ready money. Benjamin Franklin

Alone we can do so little; together we can do so much. Helen Keller

There is no greater loan than a sympathetic ear. Frank Tyger

Those who bring sunshine to the lives of others cannot keep it from themselves. J.M. Barrie

Friendship is always a sweet responsibility, never an opportunity. Kahlil Gibran

The antidote for fifty enemies is one friend. Aristotle

A single rose can be my garden... a single friend, my world. Leo Buscaglia

I value the friend who for me finds time on his calendar, but I cherish the friend who for me does not consult his calendar. Robert Brault

A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked. Bernard Meltzer

Donna Bowen

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

Sincerely,

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

[Forward email](#)



This email was sent to info@connectingcouples.net by info@connectingcouples.net | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

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