



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: #35
NOVEMBER 2011

Dear Friends,

Thanksgiving is such a special time of the year. You really don't have to buy anything special, you don't really even have to cook, but it reminds us how grateful we are to be part of your lives and your journey. Thank you!

Our 2012 workshop schedule is on our website with information posted soon about our new one day workshop, "Gender to Gender: What Men and Women Need to Know about Each Other."

Check it out and let us know what questions you have and when you want to register. (Remember, the Getting the Love You Want Workshop is half price the second time around!

There's always something that has new meaning for you.)

NOVEMBER: "Connecting Rituals"



I've spent my share of time complaining about the new technology life style where "smart" phones are an obsession and skyping, texting, tweeting, facebooking, linkedining, and zipdoodling take up enormous chunks of time. (Worried that you don't know what zipdoodling is? Relax....I made that one up. Hard to keep up, isn't it?)

Okay. Enough criticism! You get the point. So many ways to take us away from face to face body present, human, sensory

connection with each other. (AND, in the interest of full disclosure, I am very grateful for cell phones which allow us to connect with our son, Seth, in Hawaii so easily anytime he or we want or need to be in touch.)

Let's correct this trend in a positive way. Let's talk about important family rituals, especially with the holidays approaching.

We had a "Conscious & Connected Parenting" workshop this past weekend and the part concerning Family Rituals was lively and generated much energy as couples named, shared, and visioned experiences that create connection in their families. One couple borrowed from the Obama family a ritual called, "Roses & Thorns." Each person at dinner (or breakfast or whatever meal the family shares) describes a joyful event from their day (a "Rose") as well as a tough event (a "Thorn".) This couple's children (even the teenager) bought into this ritual with enthusiasm. Another couple had a similar ritual of each family member sharing an appreciation about each individual in the family.

Active rituals are great. We used to have a "Christmas Tree Day" where we traveled to a tree farm with our kids to find the "perfect" tree. Even though the weather would sometimes be nasty and opinions would often loudly vary as to the "perfect" tree, everyone expected and depended on this experience (along with the decorating and sometimes midnight shrimp feast that followed.)

Any activity or behavior can become a meaningful family ritual. Let's look at the marks of a true ritual:

1. Everyone in the family has investment and participation (however reluctant it may be at first.)
2. It has to make sense as a bonding experience.
3. It has to be repeatable.
4. It is simple and involves face to face interaction.
5. It has ceremonial value (i.e. the experience points to higher values or goals for the family.)

Let's look at examples:

Traditional:

- * Religious experiences (e.g. holidays, meals, services, etc.)
- * Extended family events (e.g. Thanksgiving at Grandma's, vacations, etc.)
- * Chores together (e.g. painting a room, raking leaves, etc.)

- * Family experiences (e.g. vacations, restaurants, etc.)

Specific:

- * Bedtime experiences (e.g. stories, songs, check-ins, etc.)
- * Waking experiences (e.g. centering, appreciations, etc.)
- * Mealtime experiences (e.g. any verbal structures, etc.)
- * Special family experiences (e.g. games, puzzles, etc.)

Out of the Box:

- * Service projects (e.g. soup kitchens, food drives, etc.)
- * Gifts (e.g. family babysitting for friends/relatives, making gifts, etc.)
- * Challenges (e.g. hiking, learning to play/appreciate music, etc.)

Have fun creating your own unique rituals. Ask your kids what they would like.

So hope you enjoy the holidays!

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

**December 2-4, Rehoboth Beach, DE
(don't forget to refer a friend!)
January 13-15, Rehoboth Beach, DE
February 3-5, Frederick, MD**

QUOTES OF THE MONTH

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get. Frank A. Clark

Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover once a year is way too often. Johnny Carson

May your stuffing be tasty

May your turkey plump,

May your potatoes and gravy

Have nary a lump.

May your yams be delicious

And your pies take the prize,

And may your Thanksgiving dinner

Stay off your thighs! Anonymous

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

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live

the highest appreciation is not to utter words, but to live by them. John Fitzgerald Kennedy

What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving? Erma Bombeck

Who does not thank for little will not thank for much. Estonian Poverb

God gave us our relatives; thank God we can choose our friends. Ethel Watts Mumford

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving. H. U. Westermayer

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

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



Try it FREE today.