



Connecting  
Couples

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

## Thought of the Month News and Notes

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**Dear Friends,**

**Spring is here and with it comes a sense of renewal and hope. It is not a stretch to consider that our relationships may need some renewal also. No matter the stage of a relationship, it is vital that it remain dynamic, changing and adapting to the realities of life, new circumstances and the advent of new relationships in all aspects of life. Are there new co-workers? New friends? New family dynamics? It is amazing how one new thing can change everything!**

**We can see the new buds just beginning in our garden and are hopeful that they flourish and are not tamped down by sudden snow or storm. It is our hope that you see the buds of renewed energy and hope in your relationships. Let us help where we can do so!**

**As always, if you need us, just call.**

**Donna and David**

### **MARCH: A New Way to Be in Relationship**

**I was twelve years old when I heard the now famous words from JFK's inaugural address, "Ask not what your country can do for you; ask what you can do for your country."**

**These words have an immutable truth, somehow. Most everyone knows this phrase, even those who never saw John Kennedy. Imagine this phrase applied to other aspects of life:**

**Parenting: "Ask not what your children can do for you; ask what you can do for your children."**

**Religion: "Ask not what your synagogue/church/temple can do for you; ask what you can do for your**

**synagogue/church/temple."**

**Environment: "Ask not what your environment can do for you; ask what you can do for your environment."**

**Now how about this... "Ask not what your relationship can do for you: ask what you can do for your relationship."**

**Almost everyone approaches their relationship with the question, "What's in it for me?" People who call us for help for their relationship are usually feeling, "I'm not getting my needs met". Occasionally, some will say "Neither of us feels fulfilled".**

**Almost NEVER does anyone say "I think the relationship needs something more or different from me and I want to find out what that is."**

**"ASK FIRST WHAT YOU CAN DO FOR YOUR RELATIONSHIP!"**

**Let me give you some reasons why this approach will change your Relationship. (Did I mention it will also change your life?)**

- 1. It is more proactive and productive than trying to get someone to meet your needs. Ghandi said, "Be the change you want to see."**
- 2. It is more responsible. Remember...if we are not getting our needs met it is probably because our Partner is not experiencing the relationship as safe enough to stretch and give us what we need (even when they long for us to be happy.)**
- 3. It is a spiritual truth. "You must deal with the log in your own eye, before removing the speck in your Partner's eye" "It's better to give than to receive. " The Jewish Midrash informs us that, "the giver in small things becomes the receiver of much"**
- 4. It will relieve your Partner's despair and will revive their interest in meeting your needs.**
- 5. It will make you a healthier, more grateful, more whole, more alive person.**
- 6. It will move you from Victim to Victor in your life.**

**AND, just as a bonus...it will contribute toward healing the Planet....relationships between parents and children, siblings, friends, colleagues, employers/employees, corporations, political positions, countries, future generations, etc, etc, etc....**

**As always, we welcome your comments, challenges, and questions.**

**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**

**April 12-14, 2013, Frederick, MD**

**May 17-19, 2013, Frederick, MD**

### **Imago Therapist Couples Workshop**

**May 3-5, 2013, Frederick, MD**

#### **QUOTES OF THE MONTH**

**If there are flaws they are in ourselves, and our task therefore must be one not of redesign but of renewal and reaffirmation, especially of the standards in which all of us believe. Elliot Richardson**

**Endings: sometimes a season of sorrow and grief. Endings: what must precede new beginnings. Life is an endless cycle of endings and beginnings. Renewal and rebirth cannot occur without endings - as the new year's crop can only be planted and flourish in the decay of last year. Jonathan Lockwood Huie**

**In the spring, I have counted 136 different kinds of weather inside of 24 hours. Mark Twain**

**A generous heart, kind speech, and a life of service and compassion are the things which renew humanity. The Buddha**

**A little Madness in the Spring Is wholesome even for the King. Emily Dickinson**

**Believe in the goodness of life.**

Believe in the power of time to heal and to renew.  
Believe in the power of forgiveness and gratitude.  
Believe in the gift of rainbows and butterflies.  
Believe in the laughter of children. Jonathan  
Lockwood Huie

Love that does not renew itself every day  
becomes a habit and in turn a slavery. Khalil Gibran

Spring is when you feel like whistling even with a shoe  
full of slush. Doug Larson

Rest when you're weary.  
Refresh and renew yourself, your body,  
your mind, your spirit.  
Then get back to work. Ralph Marston

In the spring, at the end of the day, you should smell  
like dirt.- Margaret Atwood

To be interested in the changing seasons is a happier  
state of mind than to be hopelessly in love with  
spring. George Santayana

An optimist is the human personification of spring.  
Susan J. Bissonette

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

**Sincerely,**

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

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