



Connecting
Couples

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

Thought of the Month News and Notes

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Dear Friends,

Summer must be just around the corner. I can tell because I sat on a bench at the park when I was supposed to be writing the Thought, and got lost in the reverie of a young boy nearby who was flying a kite. Remember the joy of kites, parks, marbles, swinging? Maybe your childhood was more video games, sports, structured play. It will be a lot different world for our granddaughter with today's restrictions, fears and modern realities. Too bad. I had fun!

This Thought is very personal to me. I was working with a couple and they were sort of "stuck" when it came to the everyday courtesies they shared with others and the lack of courtesies they shared with each other. I am sharing a story of my Uncle. I hope it resonates with you. Let us know if this topic is pertinent. If not, what would you like to have us discuss? We are listening, just call or email---we want to hear from you!

As always, if you need us, just call.

Donna and David

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**JUNE 2014: On Being "Care-Full" with
Your Family**

This Thought is prompted by a man who recently confessed to being "sloppy" at times in his communication with his Partner.

He is a very good man who is dedicated to providing a conscious and safe relationship for his wife and family. Yet he puzzled over the fact that at times he can be more polite and respectful to a total stranger than to the family he lives with.

This reminded me of a thought I have often puzzled over. Why would we ever treat a stranger with vastly more courtesy or respect than we do with our own family? What makes us entitled to shame or criticize someone we are married to when we would never do so with a friend or acquaintance?

Yes, I know we may have had a model of negativity in one or both our parents.
Yes, I know that our Partner or children trigger us in ways that a stranger does not.
Yes, I know we may have built up a resentment toward our Partner's actions that make us want to "hurt them back".
Yes, I know there may be some unresolved problem that happened once or over years that has not been dealt with consciously.

But surely the answer is not to continue being "Care-Less" in the way we treat our loved ones.

I was lucky. My parents, (as many deficits as I thought they had,) were never ugly to each other. They maintained an atmosphere of kindness and courtesy. Donna would say they "tended to their space" even though they would not have had a clue as to what this meant.

I do remember an uncle of mine who was kind and funny and experienced as generous by everyone who knew him. I liked him myself and I always felt energized and attracted to this jolly fellow.

One weekend I stayed in their home and I was horrified at the way this man treated his own family. He criticized his wife (my aunt) mercilessly. He put down his kids (my

cousins) in every move they made. I was utterly confused at the stark discrepancy between how this man behaved with his family and how he behaved "in the world".

We just lost a great human being, Maya Angelou. She wrote and said so many important things that it would take a lifetime to recount them.

But one truth she said is so simple. She said, "All you need to tell who a person is, is to see how they treat others."

I hope this thought will help all of us be more conscious of how Care-Full we are with those whom we most love and who most need to experience us as safe.

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

June 6-8, 2014 Frederick, MD

July 18-20, 2014, Frederick, MD

August 15-17, Frederick, MD

September 12-14, Frederick, MD

Parenting Workshop

September 6-7, 2014 Frederick, Md

QUOTES OF THE MONTH

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

Keep love in your heart. A life without it is like a sunless garden when the flowers are dead. Oscar Wilde

**All you need is love. But a little chocolate now
and then doesn't hurt. Charles M. Schulz**

**A flower cannot blossom without sunshine,
and man cannot live without love. Max Muller**

**Love is an electric blanket with somebody else
in control of the switch."**

**In all the world, there is not heart for me like
yours. In all the world, there is no love for
you like mine. Maya Angelou**

**A new command I give you: Love one another.
As I have loved you, so you must love one
another. Jesus Christ**

**I believe people will forget what you said,
people will forget what you did, but people
will never forget how you made them feel.
Maya Angelou**

**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**

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

**We're all a little weird. And life is a little
weird. And when we find someone whose
weirdness is compatible with ours, we join up
with them and fall into mutually satisfying
weirdness-and call it love-true love. Robert
Fulghum**

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

Sincerely,

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

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