



Connecting  
Couples

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## Thought of the Month News and Notes

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**Issue: #90**  
**October 2016**

**Dear Friends,**

**Is it an understatement to say this is a Spooky Month leading into even spookier times? Okay, we are ALL tired of politics and speeches and ready for children's awesome embrace of costumes! When just donning a different persona via a cape, a hat, make-up or a mask sends a child into the delightful realm of not only make-believe but a different reality. I could use a different reality now and then. How about you?**

**This Thought however, is about reality and the need for and art of Forgiving. I hope some of this resonates with you. Let me know what you think.**

**Questions? Just call me!**

**Donna and David**

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### **OCTOBER: "The Art of Forgiving"**

**The importance of forgiving as a generous and spiritual act of cleaning up any Space is increasingly coming up in our work with couples. We are even creating a section on forgiveness to be added to our second level workshop.**

**We tend to think of forgiveness as something desired or needed in big issues like unfaithfulness. It occurs to me that we also need the art of forgiveness when our partner forgets to pick up our prescription at the pharmacy.**

**I now believe that the art of forgiving is rooted in our ability to validate; to see the**

world through someone else's eyes. I can forgive you with my lips in a sort of "cheap grace" way. But in order to forgive you from my heart, I have to really take the time and effort to understand why you could have done what you did. This involves crossing the bridge into your world and being in dialogue.

Nothing in any relationship is as difficult as forgiving. And nothing gives greater opportunity for real connection.

Here are some wise thoughts on this great topic:

- \* Forgiveness is a choice.
- \* "Forgiveness is the attribute of the strong." (M. Ghandi)
- \* "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."

As always, your comments are welcomed!

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**

**November 18-20, 2016, Frederick, MD**

**January 6-8, 2017, Frederick, MD**

## **Parenting Workshop**

**December 3-4, 2016, Frederick, MD**

### **QUOTES OF THE MONTH**

**Forgiveness is the fragrance that the violet sheds on the heel that has crushed it. Mark Twain**

**The weak can never forgive. Forgiveness is the attribute of the strong. Mahatma Gandhi**

**When you forgive, you in no way change the past - but you sure do change the future. Bernard Meltzer**

**Mistakes are always forgivable, if one has the courage to admit them. Bruce Lee**

**Anger begets more anger, and forgiveness and love lead to more forgiveness and love. Mahavira**

**Forgiveness means letting go of the past. Gerald Jampolsky**

**Forgive me my nonsense, as I also forgive the nonsense of those that think they talk sense. Robert Frost**

**Forgiveness is a virtue of the brave. Indira Gandhi**

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

**Sincerely,**

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

