



Connecting
Couples

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

Thought of the Month News and Notes

In This Issue

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

Quick Links

[Register for
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

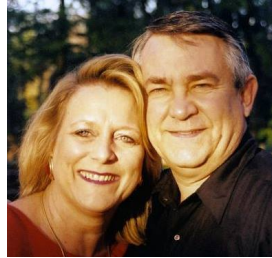
[LaSplash online
magazine](#)

[Be Sure to "Like" Us
on Facebook!](#)

Join Our List

[Join Our Mailing List!](#)

Issue: #123
July 2019



Dear Friends,

Don't you just love getting away from it all? To me, sometimes it is just a walk through the nearby woods and other times, it is a total scene change. We are fortunate to have some time away this month and I find I enjoy new surroundings, new people, new conversations and a renewed spirit.

I hope you have time to get away from it all this summer...even if it is just a tiny bit "away." Enjoy the time to renew your spirit!

[Be Sure to "Like" Us on Facebook!](#)

Keep in touch!

David (and Donna)

JULY: Redefining Power

I'm growing weary of the way our world increasingly looks at power. In my view a scary proportion of people are falling for a massive set of illusions:

- * those who are not like me (the "others") are to be feared and even eradicated;**
- * attacking these "others" makes me look**

strong;
*** calling adversaries names will reduce their power to hurt me;**
*** showing compassion will make me look weak;**
*** admitting wrong will make me look weak;**
*** cooperation will reduce my own power;**
*** keeping score is the only way I can stay safe;**
*** scaring "others" into submission makes things safe for me;**
*** living in untruth will enable me to avoid criticism.**

Okay! All of you reading this know me. And you are probably thinking that I am making a political statement here. Well.....Donna forbids me to be politically partisan in our workshops. And rightly so.

So I ask you to re-read the nine assumptions above with only your intimate relationship in mind. What do you notice? The late James Baldwin in his classic "The Fire Next Time" says simply, "No one ever debases another without also debasing himself."

I, therefore, submit some alternative concepts of power for us to consider in politics as well as in our relationships:

- * the power of Compassion.**
- * the power of Generosity.**
- * the power of Sacrifice.**
- * the power of Cooperation.**
- * the power of Surrender.**
- * the power of Vulnerability.**
- * the power of Lifting Up Another.**
- * the power of Impeccable Truth.**
- * the power of Non-violence.**

I have detailed examples of all these alternative concepts of power. They are not new. Virtually all the great thinkers, movements and religions in history have advocated most of these concepts. Why, I wonder, are we falling for so much that goes against the history of human experience?

I would love to hear your thoughts and examples.

Blessings,

David

**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

August 23-25, 2019, Frederick, MD

October 11-13, 2019, Frederick, MD

Next Step Workshop

September 21-22, 2019, Frederick, MD

Parenting Workshop

October 26-27, Frederick, MD

QUOTES OF THE MONTH

"People are illogical, unreasonable, and self-centered.

Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.

Do good anyway.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

**The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.
Think big anyway.**

**People favor underdogs but follow only top dogs.
Fight for a few underdogs anyway.**

**What you spend years building may be destroyed overnight.
Build anyway.**

**People really need help but may attack you if you do help them.
Help people anyway.**

**Give the world the best you have and you'll get kicked in the teeth.
Give the world the best you have anyway."**

Kent M. Keith, The Silent Revolution: Dynamic Leadership in the Student Council

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

Sincerely,

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