



Connecting  
Couples

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## Thought of the Month News and Notes

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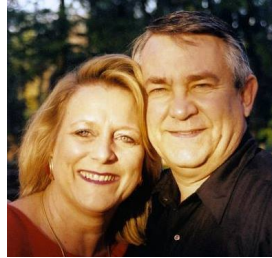
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**Dear Friends,**

**We are living in extraordinary times. That feels like such a trite statement, and at the same time, wholly inadequate to describe our planet today. No one would have believed how quickly we could have gone from Valentine's Day, March Madness excitement, spring break plans to....shelter in place. Social distancing.**

**We have cancelled our workshops and encourage you to connect with us. We are using Zoom to reach out to those who want and need this connection.**

**Hold your loved ones close, and be kind!**

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**Keep in touch!**

**David (and Donna)**

### **MARCH: Exposure**

**Looks like the virus is not the only exposure we are dealing with in this time of confusion and uncertainty.**

**Also exposed are our deepest fears about life and livelihood. Even though the worst case mortality numbers are less than many other phenomena we live with, it is the uncertainty and the inability to control things that makes us anxious. It's like waiting for a cancer diagnosis: "Do I have it? And how bad is it going to be?"**

**Also exposed are our prejudices, our penchant for conspiracy theories, our vulnerability to misinformation, our tendency to hoard, and all sort of other fear-based behaviors.**

**But the exposure that is interesting me the most right now is one that has some very positive and promising aspects. It is the exposure that we all (all creatures) are, indeed, Connected. We live on a small and very vulnerable planet. We can say that what happens on the other side of the world does not affect me. Now we know how wrong we are. We can say that what I do with my life is my business as long as I am not hurting anyone. Now we know how misguided that is. We can say that we are financially fixed so that we'll get through just fine. What about our child care people, our grocery clerk, our nurse and Doctor, our Uber driver, our house cleaners, our truck drivers and delivery people, our school teachers, cooks and janitors?**

**What a great time to take a new view of life. We really do need each other.**

**Donna just had a total knee replacement. She is recovering famously. I'll bet there were 50-100 people directly or indirectly involved in helping her have a new knee. The point is that anything we have or enjoy is the result of a network of related persons working together (mostly without even knowing it) in good faith and with good intentions.**

**We are seeing the generosity of people in this "crisis". And what is generosity? It is an act of gratitude for Connection. Our**

awareness of Connection or our fear of DisConnection is at the bottom of every ounce of energy around this event in history. Connection leads to generosity.

DisConnection leads to anxiety and isolation. I want to encourage you to live your gratitude for your Partner and your family during this time. A time to ritualize your appreciations. Or to ritualize other Connecting behaviors like cooking together, eating together, playing games. Seems to me that we have a real opportunity to take leave of our many exits and to risk going back to honoring and celebrating our pure Connection with each other.

Donna and I are offering Zoom sessions for any couple that would be interested. Just call, 301-404-7711.

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**

**Next Step Workshop**

**To be determined at a later date**

**QUOTES OF THE MONTH**

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. John F. Kennedy

The essence of all beautiful art, all great art, is gratitude. Friedrich Nietzsche

We learned about gratitude and humility - that so many people had a hand in our success, from the teachers who inspired us to

**the janitors who kept our school clean... and we were taught to value everyone's contribution and treat everyone with respect. Michelle Obama**

**At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. Albert Schweitzer**

**For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile. Elie Wiesel**

**Sometimes we should express our gratitude for the small and simple things like the scent of the rain, the taste of your favorite food, or the sound of a loved one's voice. Joseph B. Wirthlin**

**Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. Denis Waitley**

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

**Sincerely,**

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