



Connecting
Couples

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

Thought of the Month News and Notes

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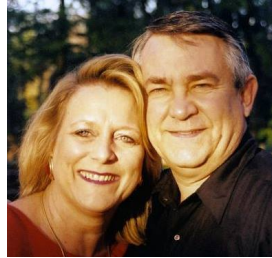
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Dear Friends,

We think of you and yours every day! These difficult times remind us of how precious relationships are to our well-being and challenge us at the same time. For many of us, having such close proximity to loved ones and such distant proximity to others is taking a mental and physical toll. We may be eating more and perhaps drinking more. We have the joy of time with our children and the challenge of lots (and lots) of time with our children. This Thought will give you a little insight into these blessings.

Stay well. Be loving.

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Keep in touch!

David (and Donna)

APRIL: The Blessings Within A Crisis

"Whenever there is a big change in your life; a move, a new job, a marriage, a divorce, a new birth, an illness, a death, etc., pay attention to what you are losing and also what you are gaining in that same change"

This was a powerful thought passed down to me by a wise mentor years ago. So, I have decided to find at least ten things I have gained in the last month of sequestered life. Some are deeper than others. No judging. (And in no particular order!)

- 1. We are having fun with the creation of new meals and the time to make them.**
- 2. We have learned the names of some of our neighbors we did not know.**
- 3. People actually answer the phone again. Hallelujah!**
- 4. We have been more "physical" with each other.**
- 5. We finished "Homeland" and are almost caught up on "Ozark".**
- 6. We are doing regular Zoom sessions with our family.**
- 7. I am walking our dog "Lily" everyday.**
- 8. The battery is dead on the old Nissan and it doesn't matter.**
- 9. The azaleas look particularly beautiful even without their usual fertilizer.**
- 10. We have expressed more appreciations for each other.**

Ok, since I started I have a few points of awareness that are a bit deeper.

- 1. People are generally quite kind and generous with others in need.**
- 2. Every day, every minute is a precious gift to be alive and to be human.**
- 3. Safe relationships are by far the most important thing,**
- 4. Politics, and even science are proving to be vulnerable to the awesome power of the natural world. Life as we know it is not a given.**
- 5. We have the opportunity to remedy the inequalities that are being made visible.**

I challenge you all to list ten blessings that you experience in this crisis.

If your relationship is needing help, Donna or I can Zoom into your home to help. We will adjust fee to match any hardship you have.

Call me at 301-404-7711 or Donna at 301-898-0527.

If you want to rejuvenate and strengthen your Space, join us for Zoom Connection Nights - May 2, 7:00 - 9:00 EST OR May 16, 7:00 - 9:00 EST. You can register here:

Imago Zoom Night Registration

Again, we will adjust the fee.

We feel sadness for the isolated illness and death this virus has dealt so many people.

Stay safe and blessed,

David

**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES
COMING UP!**

Be sure to watch this space or check our web site for future opportunities.

IMAGO ZOOM NIGHTS: 2020

MAY 2, 7:00 pm-9:00 pm EST

OR

MAY 16, 7:00 pm-9:00 pm EST

To be determined at a later date:

Getting the Love You Want Workshops

Next Step Workshop

QUOTES OF THE MONTH

"Focus on your strengths, not your weaknesses.

Focus on your character, not your reputation.

Focus on your blessings, not your

misfortunes." Roy T. Bennett, The Light in the Heart

"When we lose one blessing, another is often most unexpectedly given in its place." C.S. Lewis

"A kind gesture can reach a wound that only compassion can heal."

"When you wish someone joy, you wish them peace, love, prosperity, happiness... all the good things." Maya Angelou

"... it's a blessed thing to love and feel loved in return." E.A. Bucchianeri, Brushstrokes of a Gadfly,

"The hardest arithmetic to master is that which enables us to count our blessings." Eric Hoffer

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

Sincerely,

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