

REMAIN IN MY LOVE

NEWSLETTER

SEPTEMBER 2026 | VOLUME 2



Strengthening Marriages. Nurturing Families. Transforming Communities.

DEAR RIML FAMILY

Welcome to September 2026, Volume 2 of the Remain In My Love Newsletter.

Many men grow up believing in this quiet lie: that strength means silence. That to be a man is to carry everything — grief, fear, disappointment, exhaustion — without ever setting it down. That silent stigma is costing us, and men in our community are almost tired of carrying it alone. This edition is dedicated to exploring the gap between courage and weakness.

In this issue, we talk about what men show the world versus what they actually carry, how anger so often hides something softer underneath, and why the healthiest men are not the ones who never feel, but the ones who have learned what to do with what they feel.

“Real strength is not the absence of feeling; it is the courage to feel honestly and still keep moving forward.”

THEME FEATURE

The Weight He Carries

Men, emotions, and the courage to be whole.



A moment to pause, breathe, and be honest with yourself.

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When Strong Men Struggle

From childhood, many men are taught a short list of acceptable emotions: confidence, humour, and anger. Everything else — sadness, fear, hurt, vulnerability — gets pushed down or converted into something more “acceptable,” usually anger or withdrawal.

Society watches men closely. The eyes are always on him: at work, at home, in the family. He is expected to lead, to provide, to stay composed, even when his inside world is falling apart. Over time, that pressure does not disappear. It simply moves underground, showing up as irritability, isolation, sudden outbursts, or a slow emotional numbness that even the man himself may not recognise until much later.



The smile people see is often not the whole story.

A man who can say “I’m struggling” is not less of a man. He is a whole one.

How Men Manage Anger (and How They Could)

Anger is often the one emotion men are “permitted” to show, because it looks like control rather than vulnerability. But anger is frequently a mask for something softer underneath: hurt, fear, shame, or disappointment.

Some healthier ways forward:

- Name the real emotion underneath the anger before reacting
- Step away to process rather than responding in the heat of the moment
- Talk to a trusted friend, mentor, or counsellor instead of carrying it silently
- Understand that expressing hurt is not the same as losing control

Reaction

Feels, acts
in the moment.

- Quick to react
- Driven by emotions
- Feels overwhelmed
- Often regrets it

Response

Pauses, thinks,
chooses wisely.

- Takes a pause
- Checks the facts
- Manages emotions
- Chooses what's best

The goal isn't to feel less;
it's to respond, not just react.

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A Word for the Woman Reading This

A lot of women find themselves in a quagmire dealing with men's emotional issues. Sometimes the most healing thing you can offer a man is simply: "You do not have to hold it together in front of me." If there is a man in your life — husband, son, brother, friend — create room for him to speak without judgement.



One hand on the *shoulder* can change everything.

You don't have
to carry it alone.

*A shoulder
to lean on.*

♡

One hand on the shoulder can change everything.

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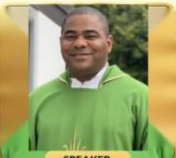
PRESENTS



MEN'S CONFERENCE

THEME:
**Grace For Him:
The Man Within**

**“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.
Ephesians 2:8**



SPEAKER
Mbonu Ugonna Silas (CP-CP)
Catholic Priest and Clinical Psychologist
Being Man: The Real, Ideal, and Acquired You.



SPEAKER
Peter Ogunkoya
Clinical Psychologist
The Hurting Man.



SPEAKER
Dr Mabel Onwumele
Your Sex and Your Prostate.



HOST
Rev. Fr. Dr. Vincent Arisukwu
and RIML Team



MODERATOR
Dr Kenneth Uwajeh



Saint Joseph

VENUE: Zoom

DATE: 17th October, 2026

TIME:
Nigeria: 6:00 PM (WAT)
USA: 1:00 PM (EST)
Zambia: 7:00 PM (CAT)

REGISTRATION

REGISTRATION FEE:

₦5,000 (Nigeria)	\$10 (United States)	K50 (Zambia)
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WhatsApp: +234 903 414 8835 (for inquiries & support)

Email: faithandfamilymail@gmail.com (for registration assistance)

PAYMENT / BANK DETAILS

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PayPal: fadavino@yahoo.com

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FAITH • LOVE • PURPOSE

The Man Within: for men ready to be honest with themselves.

♥ RIML MEN'S PROGRAM ♥

Grace For Him: The Man Within

A conversation men have been waiting for.

Saturday, 17th October 2026 • 6:00 PM Nigerian Time; 2:00 PM Eastern Time • Virtual (Zoom)

DATE	Saturday, 17th October 2026
TIME	6:00 PM Nigerian Time; 2:00 PM Eastern Time
NIGERIA	₦5,000
INTERNATIONAL	\$10 USD
ZAMBIA	50 Kwacha
ENQUIRIES	09034148835

Why You Should Be in the Room

- Because you have been holding it together for everyone else: this is a space to just be a man, unguarded
- Because the questions you do not speak out loud will finally get asked, and answered, in a room full of men who get it
- Because no one is going to tell you to “man up”; you will be encouraged to open up instead
- Because real brotherhood is built in rooms like this one, not on the days everything is fine
- Because your wife, your children, your future — all of it is shaped by whether you deal with what is inside you now

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What does it truly mean to be a man of character? Come and find out. Other men will be there who are asking the same question.

Join us for an honest, unfiltered conversation on responsibility, restraint, courage and integrity. How do you become a better man? This is not a lecture. It is a room where men talk, really talk.

To Register

1	If You're in Nigeria Pay ₦5,000 to this UBA Account: 1029345903.
2	If You're in the USA Zelle \$10 to this number: 443-251-9057.
3	If You're in Zambia Contact this phone number: +260 770460140.
4	Once You Pay Send your receipt to the RIML official line: +234 903 414 8835.
5	Then You will be added to the Grace For Him restricted WhatsApp group, where you will receive the Zoom link for the event.
A time to reflect. A time to be honest. A time to grow. This one is for you.	

Our Heart for You

At Remain In My Love Inc., we believe that strong men, strong marriages and strong families are not built by accident. They are built intentionally — one honest conversation at a time, one moment of courage at a time, one decision to stop carrying it alone at a time.

So, this September, we invite every man reading this to look inward.

Feel without shame.

Speak without fear.

Heal without hurry.

Pray without ceasing.

Show up for The Man Within.

REMAIN IN HIS LOVE.

With love,

REMAIN IN MY LOVE INC.

STAY CONNECTED WITH US

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