



REMAIN IN MY LOVE

NEWSLETTER

AUGUST 2026 | VOLUME 1



Strengthening Marriages. Nurturing Families. Transforming Communities.

FROM THE HEART OF RIML

Dear RIML Family,

Marriage and family remain some of life's greatest gifts, yet they require intentional care to remain healthy, fulfilling, and strong. In a world filled with responsibilities, deadlines, social distractions, and changing routines, connection often fades slowly through neglect of the small moments that once brought people together, long before love itself fades. This edition invites us to return to those simple but powerful practices that strengthen homes and renew relationships. Through our featured community story from Zambia and reflections inspired by our mental health expert, Dr. Kenneth Uwajeh, we explore how everyday actions such as gratitude, meaningful conversations, prayer, presence, kindness, and intentional moments together can strengthen emotional connection and build healthier marriages.

Connection grows one moment at a time.

Welcome to August, Volume 1

THEME FEATURE

The Power of Connection: Why Intentional Love Matters

Many people imagine successful marriages as free of conflict. In reality, healthy marriages include real challenges. What defines them is that people stay connected while working through life together.

- Connection means feeling heard and respected
- Connection means feeling emotionally safe.
- Connection means feeling appreciated.
- Connection means feeling chosen repeatedly.

Many homes today struggle even when provision is plentiful. The real challenge is that conversations have become brief, appreciation has become rare, and routines have replaced authentic connection. Intentional love means choosing actions that strengthen connection even in ordinary moments:

- Sharing a meal and expressing gratitude
- Checking in after a busy day
- Making eye contact while speaking
- Praying together

Small actions, practiced consistently, become strong foundations.

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Marriage. Family. Connection. Stronger Homes. Stronger Communities. | Page 1

THEME INSIGHT

The Small Habits That Keep Love Alive

Relationships are often strengthened or weakened by habits. Over time, many couples unintentionally move from companionship into routine. Life becomes centered around work, children, responsibilities, and survival. Days become weeks, weeks become months, and people can find themselves living together while feeling no longer truly connected to their partner.

Intentional connection helps restore what routine sometimes takes away. It reminds couples that marriage involves more than managing responsibilities: it also means maintaining friendship, care, emotional presence, and partnership. Healthy homes are often built through ordinary moments.

FEATURE REFLECTION

Dr. Ken's Message: Connection Is a Daily Practice



Dr. Kenneth Uwajeh

The touch creates that connection. The look in the eyes creates further connection. A statement of gratitude creates a sense of appreciation and bonding. And the simplicity of the few prayers that you can say in less than three minutes helps you consistently maintain the routine.

Dr. Ken

This reflection reminds us that meaningful relationships are sustained through intentional actions.

Touch Creates Emotional Safety

Simple gestures communicate care: holding hands, sitting together, offering comfort. These moments communicate support beyond words.

Eye Contact Creates Presence

One of the most powerful gifts couples can offer one another is attention. Looking at each other while speaking communicates: “I see you.” “I hear you.” “You matter.”

Gratitude Builds Appreciation

People often stop trying when they feel unnoticed, even while they remain loved. Simple statements such as “Thank you,” “I appreciate your effort,” and “I noticed what you did” can strengthen connection over time.

Prayer Builds Consistency

Prayer creates moments to pause, reflect, and reconnect. Even a few intentional minutes together can strengthen unity and elevate healthy routines within families.

Dr. Ken further reflected that these simple practices could become protective habits that strengthen emotional wellbeing and family relationships.

REAL LIFE CONNECTIONS

What Intentional Love Looks Like Every Day

Vignette One: The Busy Couple

A husband returned home late every day from work, while his wife carried the growing weight of responsibilities at home and grew increasingly exhausted. Their conversations grew shorter, and misunderstandings began to pile up as they quietly drifted apart. They introduced one new routine: ten minutes every evening, phones away, full attention, one conversation, one appreciation, and one short prayer. Weeks later, they noticed a real change, a growing connection between them.

Vignette Two: The Silent Home

A couple realized their conversations had become entirely transactional: “Have you paid?” “What are we eating?” “Who is picking the children?” They introduced one question each evening: “How are you really doing?” That single habit opened conversations that had been missing for months.

The Message: Choosing Repair Instead of Distance

Every marriage experiences disagreements. Strong relationships include real conflict. What makes them strong is that people intentionally return to understanding. Connection grows when people choose restoration over withdrawal.

COMMUNITY FEATURE

Zambia Community: Healthy Marriages, Stronger Families

This month, we proudly feature our RIML Zambia Community, whose recent gathering reflected the heart of our mission. The Zambia community hosted a meaningful Couples' Day Celebration under the theme:

Saying No to Abusive Marriages



Couples and community members at the RIML Zambia Couples' Day Celebration

This was a wonderful example of the power of group support, as couples from different communities came together to learn, reflect, celebrate healthy relationships, and strengthen one another. They enjoyed fellowship through:

- Marriage teachings
- Guided discussions
- Shared experiences
- Community interaction
- Celebration and renewal

Participants explored practical ways to strengthen trust, improve communication, resolve conflict, and sustain love through every season.

A key session was facilitated by Mr. Vincent Chungu, who encouraged couples to intentionally create homes built on respect, forgiveness, dignity, and peaceful conflict resolution. Their message reminded everyone that every family deserves peace and every relationship deserves care.



Mr. Vincent and Mrs. Eunice Chungu

The atmosphere throughout the event reflected joy, hope, openness, and renewed commitment.

LESSONS FROM ZAMBIA

What Every Family Can Learn

The Zambia experience reminds us of an important truth: healthy marriages are intentional. Here are the key takeaways:

- **Conversations Create Healing:** families grow stronger when people communicate openly and listen intentionally.
- **Joy Strengthens Relationships:** celebration, laughter, and shared moments all matter.
- **Community Supports Families:** strong communities encourage stronger homes, and families flourish when they belong to a wider network of support.

CALL TO ACTION

The RIML Connection Challenge

This month, commit to building intentional connection.

For Couples:

- Share one gratitude daily
- Spend uninterrupted time together
- Pray together for at least three minutes
- Ask meaningful questions
- Choose understanding over assumption

For Families:

- Create moments to eat together
- Celebrate progress
- Encourage open communication
- Reflect together often

Model Bible passage for August: Ruth 2:1 to 13**Healthy dynamics present**

- **Mutual respect:** Boaz honors Ruth's dignity; Ruth honors Boaz's generosity.
- **Respectful protection:** Boaz protects Ruth's vulnerability while consistently honoring her dignity and autonomy.
- **Shared responsibility:** Ruth works hard; Boaz ensures her safety and provision.
- **Clear communication:** their interactions are direct, honest, and free of manipulation.
- **Alignment of values:** both act out of covenant loyalty.

What one habit can we begin today that will strengthen our connection tomorrow?

Question for Reflection

COMING NEXT

September 2026 | Volume 2

Theme: Growing Together: Sustaining Love Through Every Season

In our next edition, expect:

- Family conversations, Community stories and testimonies that strengthen resilience
- Practical relationship insights and Marriage growth principles
- Highlights from RIML activities /events

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♥ GRACE FOR HER ♥

RIML August Women's Zoom Webinar 2026

Women will love this!

Saturday, 8th August 2026 • 6:00 PM • Virtual

Invite your neighbors, friends, and community network.



WOMEN'S AUGUST MEETING

GRACE FOR HER

EXPLORING WOMEN'S MENTAL, PHYSICAL AND SPIRITUAL WELLBEING.

FEATURING

- ✓ PRAISE & WORSHIP
- ✓ ICEBREAKER GAME
- ✓ GIRLS' TALK SESSION
- ✓ PRAYER & COUNSELLING
- ✓ TIME FOR WOMEN
- ✓ & MORE

8TH AUGUST 2026

6 PM NIGERIA/UK
7 PM ZAMBIA (EAT)
8 PM KENYA (WAT)
1 PM US (ET)

zoom REMAININMYLOVEINCinc

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REGISTRATION ENDS ON AUGUST 6TH

GET READY FOR REAL RESOURCES

INSPIRING SESSIONS | PRACTICAL RESOURCES | SUPPORTIVE COMMUNITY | PERSONAL GROWTH | *Don't Miss Out!*

Dr. Njide Okonjo-Udochi
MD, MPH, MS, FAAFP

REGISTRATION:

- 🇳🇬 N3,000
- 🇺🇸 \$10
- 🇰🇪 50 Kwacha

PAYMENT / BANK DETAILS

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