



REMAIN IN MY LOVE
(RIML) INC.

Marriage Enrichment Newsletter

Building stronger marriages, one home at a time

NEWSLETTER

June 2026 · Vol. II
Edition

*Highlights from the RIML
Marriage Conference 2026 and
World Day of the Family*



“ Marriage is a partnership, not a competition. Both spouses must work together toward common goals rather than competing for influence or control.

FR. VINCENT · RIML MARRIAGE CONFERENCE 2026

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01 · FROM THE CONFERENCE

Highlights from the RIML Marriage Conference 2026

The RIML Marriage Conference 2026 brought together couples, families, and marriage enrichment advocates for a season of honest conversation, practical wisdom, and spiritual encouragement. This edition of our newsletter captures the key insights from our two speakers across the sessions of the day, and the story of our World Day of the Family celebration.

Money Can Create Wounds in Marriage



FR. VINCENT · MARRIAGE ENRICHMENT SPEAKER

On power and money at the marriage table, and on the first reaction that either turns a spouse toward you or away.

1. Power, Finances, and the Marriage Table

Fr. Vincent challenged the culture of asking, “How much do you bring to the table?” as a measure of a spouse’s worth or authority in the home. In many societies, men are traditionally viewed as the primary providers. Where the woman contributes more financially, such circumstances, if not properly managed, can create tension, power struggles, and feelings of inadequacy.

“Women are reported feeling subdued in their marriages, without being able to speak up.

FR. VINCENT

Marriage is a partnership, not a competition. Both spouses must work together toward common goals rather than competing for influence or control.

2. Stress, Communication, and the First Reaction

After a difficult day at work, how a spouse responds when the other attempts to connect carries enormous consequence. A harsh or dismissive reaction can push a partner away, while a thoughtful and understanding response can strengthen the relationship.

“That first reaction will either turn the person away from you or turn them towards you. It will lead to further moving apart, or further healing.

FR. VINCENT

A response rooted in patience, even a simple acknowledgment such as “I hear you, give me a moment,” can bring a couple closer. Fr. Vincent encouraged couples to manage personal stress constructively so that it does not become a weapon used against the person they love most.

03 · SPEAKER TWO

Courtship, In-Laws, Boundaries and Gratitude



PROF. CHIOMA · MARRIAGE ENRICHMENT SPEAKER

On the season of courtship, the boundaries that protect a home, a word to future in-laws, and the daily practice of gratitude.

1. Before the Wedding: Understanding Courtship

Prof. Chioma opened by directing attention to the courtship stage, a period many couples rush through without fully grasping its significance. Courtship is a season of intentional commitment between two people moving, step by step, toward marriage. This process begins with a proposal, one person expressing genuine interest in the other.

“ Before this relationship starts, there must be commitment. It is not a commitment like marriage, but there is a commitment. There is always a proposer.

PROF. CHIOMA

2. Navigating In-Law Relationships

Prof. Chioma identified key sources of in-law conflict: financial pressure within the marriage, boundary violations by extended family, and cultural expectations that undermine the couple’s authority in their own home.

The Importance of Boundaries

The bedroom belongs exclusively to the husband and wife. Allowing parents or in-laws to intrude into the private space of a marriage creates deep cracks in the marital foundation.

“ Bedrooms are strictly for husband and wife. Do not bring your mother to your bedroom.

PROF. CHIOMA

3. A Word to Future In-Laws

Wisdom for mothers-in-law

- Respect your child’s home as theirs, not yours.
- Offer help when invited; step back when not needed.
- Build a genuine relationship with your daughter-in-law.
- Focus on bonding with your grandchildren.
- Honour their independence. Do not use culture as a tool for control. **True culture honours dignity, not dominance.**

4. The Power of Gratitude

This spirit of appreciation is not about pretending everything is perfect. It is about choosing, daily, to see the blessing in the imperfect person God has placed beside you.

“ God, I thank You for the gift of my husband. God, I thank You for the gift of my wife. Nobody is perfect, but let us learn to say thank you.

PROF. CHIOMA

04 · KEY TAKEAWAYS

Four Pillars of a Thriving Marriage

From both sessions, our speakers distilled four foundational practices.

01

Effective Communication

Create space for both partners to speak openly, honestly, and without fear of dismissal.

02

Constructive Stress Management

Handle pressures healthily so they do not become a source of harm within the home.

03

Healthy Boundaries

Protect the privacy and authority of the marital unit from overreaching family members.

04

Mutual Respect

Honour your spouse's dignity, contributions, and voice, regardless of who earns more.

These are not aspirational ideals reserved for exceptional couples. They are attainable commitments that any couple, willing to do the work, can build into the everyday rhythm of their marriage.

05 · RIML WORLD DAY OF THE FAMILY

The Family That Plays Together Grows Together

FAMILY BONDING IN LOVE AND UNITY

What began as a simple virtual gathering became something much deeper: a living witness to the beauty of family connection across cultures, nations, and generations.

Remain in My Love recently hosted its World Day of the Family celebration, bringing together about twenty five families from Nigeria and Zambia, with a few participants joining from the United States. Though separated by distance and time zones, families gathered as one community under the theme “Family Bonding in Love and Unity.”

The event reflected RIML's growing vision of promoting a systemic and relational approach to family life, one that recognises that strong marriages and healthy families are built not only through teaching, but also through shared experiences, emotional connection, faith, communication, and joyful interaction.

The atmosphere was filled with warmth, laughter, prayer, and meaningful engagement. Families participated in activities intentionally designed to strengthen relational bonds across every level of family life. The Bible Quiz encouraged intellectual and spiritual collaboration among family members, while the Virtual Scavenger Hunt created moments of excitement, teamwork, and spontaneous joy. Children had their own corner of entertainment and participation, reminding everyone that healthy family systems must intentionally include the voices and experiences of children.

One of the most memorable moments was the Couples' Marching Game, where spouses laughed, competed, encouraged one another, and rediscovered the simple joy of partnership. Families also shared testimonies and appreciation moments that highlighted gratitude, resilience, and the importance of affirming one another in daily life.

What made the event particularly meaningful was the integration of faith, family, and fun. RIML continues to demonstrate that marriage and family enrichment does not always need to happen in clinical or formal settings alone. Sometimes healing and bonding emerge through shared laughter, playful interaction, prayer, storytelling, and collective participation.

The celebration became more than an online event. It became a testimony that intentional family encounters can foster emotional closeness, intergenerational connection, spiritual growth, and community belonging. In many ways, the gathering embodied RIML's larger mission: helping families move from mere survival toward deeper unity, healing, flourishing, and love.

“The family that prays together stays together. And this event reminded us that the family that laughs together, plays together, and grows together becomes stronger together.

RIML WORLD DAY OF THE FAMILY

06 · SPECIAL POST-CONFERENCE MARRIAGE ENCOUNTER

By popular request from participants of the
2026 Marriage Conference

THEY ASKED, WE LISTENED.

Join marriage experts from the Remain In My Love Marriage Conference as they provide practical, faith-based, and psychologically informed answers to the questions couples are asking.

The Questions on Every Couple's Lips

- What happens when in-laws become too involved?
- Why do we keep having the same argument?
- Can emotional distance be healed?
- Can a marriage recover after trust is broken?
- How do we stay united when money is tight?

EVENT DETAILS

DATE : Saturday, 27 June 2026

TIME : 6:00 PM WAT (Nigeria), 7:00 PM CAT (Zambia), 8:00 PM EAT (Kenya)

1:00 PM EDT (Washington, D.C.), 6:00 PM BST (United Kingdom) 🌐

JOIN US ON : Zoom <https://q.me-qr.com/ck0p0zy1>

REGISTER Scan the QR code on the flyer, or WhatsApp +234 806 123 4567

“Because strong marriages don't happen by accident. They grow through learning, healing, and intentional love.

REMAIN IN MY LOVE INC. · THE FAMILY APOSTOLATE INC.

Presented by Remain In My Love Inc. in partnership with The Family Apostolate Inc., where faith and family meet.

What is Coming That You Will Not Want to Miss

Our next edition arrives 1 July 2026, and we are going deeper. Two topics that touch every marriage, but that most couples are too afraid to talk about openly.

Depression in Marriage

What happens when the darkness comes not from outside your home, but from inside it? When your spouse is struggling and you do not know whether to reach in or step back? We are going there, honestly and with care.

Food for Men in Marriage

And no, we do not mean what is on the dinner table. What does a man truly feed on in a marriage? What nourishes him, what starves him, and what every wife needs to understand about the hunger no man easily names.

A SNEAK PEEK FROM THE SPEAKERS

“When your spouse comes home and shuts the door, sits alone and says ‘I am fine’, but you know they are not, that is not the time to ask twice and walk away. That silence has a name.

“Every man is sitting at a table in his marriage. The question is: is he being fed, or is he slowly starving, smiling through it, and calling it peace?”

Share this newsletter. Tag a couple. Save the date. The 1 July edition will be worth the wait.

"Building stronger marriages, one home at a time."

Remain in My Love (RIML) Inc.

A marriage enrichment ministry moving marriages from surviving to thriving, through honest conversation, practical wisdom, and spiritual encouragement.

CONTACT US

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