

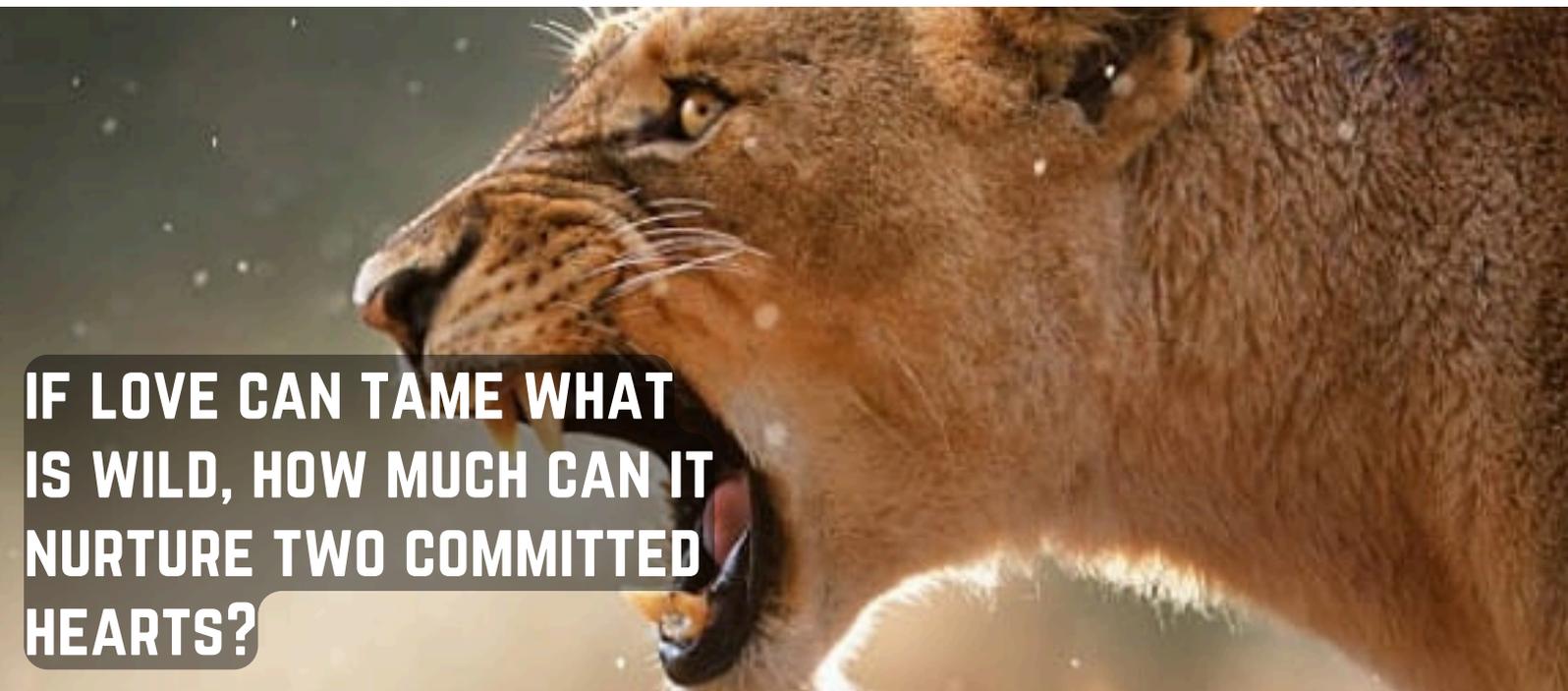


MARRIAGE AND FAMILY WELLNESS

NEWSLETTER

MARCH 2026
VOL. 2

THEME: IS LOVE ENOUGH?



IF LOVE CAN TAME WHAT IS WILD, HOW MUCH CAN IT NURTURE TWO COMMITTED HEARTS?

REMAIN IN MY LOVE MONTHLY NEWSLETTER IS HERE

The conversation around love in marriage has gained renewed attention in recent times. Many people are beginning to ask an important question.

Some argue that compatibility, finances, discipline, and structure are the real foundations for a successful marriage. Others believe that when love is genuine and



nurtured intentionally, it becomes the force that sustains everything else.

In this edition, Remain In My Love (RIML) explored this question in a conversation with Mr. and Mrs. Shaibu, a young Christian couples from 2 different states in Northern Nigeria, Gombe and Taraba States.

Our conversation started off simple, then became a deeper reflection on one powerful question.

Is love truly enough?

THE POWER OF LOVE

“If you show love and care even to a wild animal, it will submit to you.”



Mrs. Shaibu's response was at first an introspection, then she came up with a provocative thought that should elicit every reader's interest

“If you show love and care even to a wild animal, it will submit to you.”

This automatically reveals the power of authentic love in marriage.

Mrs. Shuaibu's response highlights something profoundly powerful. Love, when expressed through care, patience, and consistency, has the ability to influence behavior. It softens resistance and creates a safe environment for growth.

To her, love is not weak or sentimental. Love is powerful.

Is it true that love expressed through care, can tame what is naturally wild? Surely love practiced intentionally can nurture a marriage between two committed people.

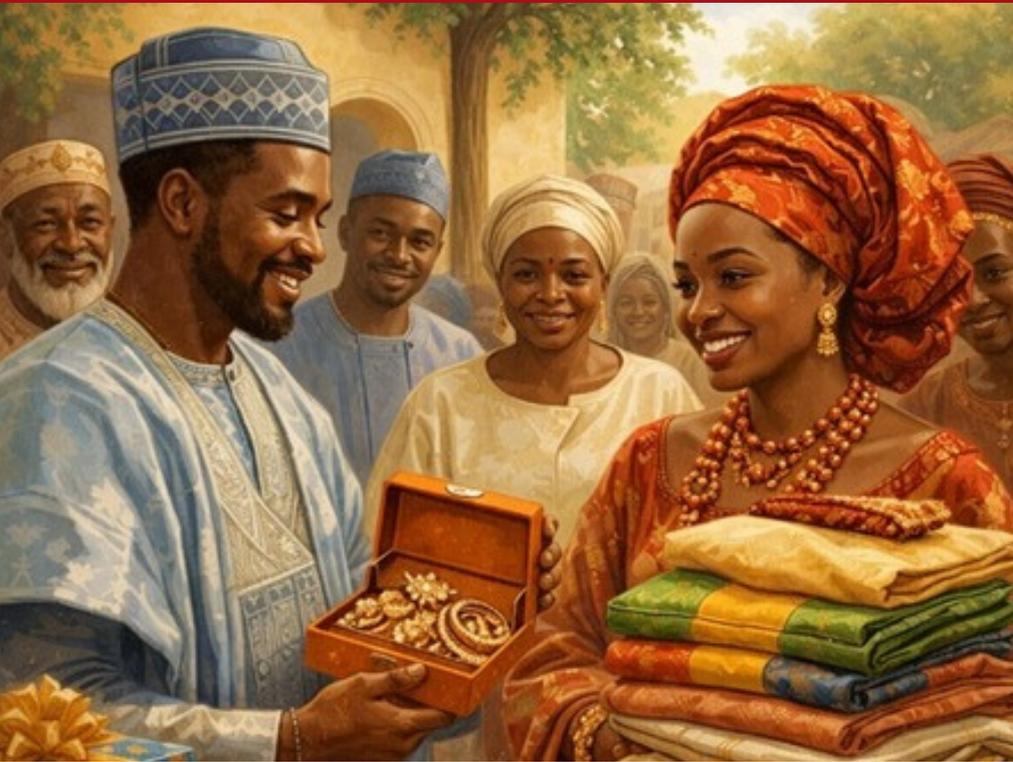
Her words capture the heart of this conversation. If love can tame what is wild, how much more can it nurture two committed hearts?

LOVE EXPRESSED THROUGH RESPONSIBILITY

While Mrs. Shaibu described the transforming power of love, Mr. Shaibu offered another perspective on how love is sustained within marriage.

For him, love is not only something that is felt. Love must also be practiced through respect, patience, and shared responsibility.

According to him, these qualities would help keep a home stable over time. Love may bring two people together, but the daily work of marriage requires both partners to intentionally nurture that love.



Mr. Shaibu also reflected on a cultural tradition practiced in some parts of Northern Nigeria, where the groom presents boxes of clothes and jewellery to the bride while the bride furnishes the home.

To many observers, this may appear to be a simple marriage ritual. However, he explained that the tradition carries a deeper meaning.

It teaches responsibility.

Both the husband and the wife enter marriage knowing that they each have something to contribute to the home they are building together.

In his view, this tradition quietly communicates an important lesson.

Marriage is not the work of one person.

Love may be the reason two people choose each other, but sustaining that love requires cooperation, patience, and mutual effort.

For Mr. Shaibu, responsibility in marriage is not separate from love. It is one of the ways love is expressed.

Love works.

Love respects.

Love is patient.

Love builds together.

When both partners commit to nurturing love through these actions, the home becomes stronger.

WISDOM FROM THE ELDERS

Mrs. Shaibu also shared advice she received from an elderly woman in her community before her marriage.

The woman explained that every marriage will experience moments of turbulence. Disagreements and misunderstandings are inevitable.

However, patience allows small problems to settle over time.

To illustrate her point, she shared a simple metaphor.

THE TRAVELING TOMATO BASKET

Imagine returning from the market with a basket filled with fresh tomatoes.

Now imagine placing that basket inside a vehicle travelling along a rough road.

As the vehicle moves and shakes, the tomatoes begin to shift inside the basket.

The smaller tomatoes gradually roll down and settle at the bottom, while the bigger tomatoes remain on top.

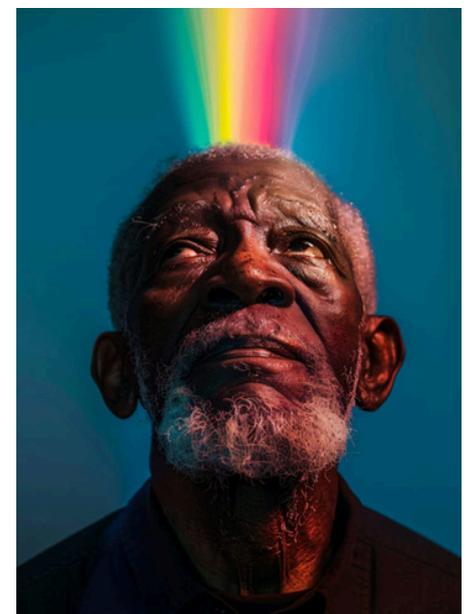
The bumps on the road do not destroy the basket.



They simply rearrange what is inside.

Marriage can sometimes be like that journey.

Life's challenges may shake the relationship, and small disagreements may arise along the way. However, with patience and love, those small issues gradually settle.



Love and the Lenten Reflection

“Greater love has no one than this: to lay down one’s life for one’s friends.”

John 15:13



Christ’s love teaches that love is not merely an emotion.

Love sacrifices.

Love endures.

Love forgives.

Love remains committed.

To deepen this reflection, RIML encourages readers to meditate on the biblical description of love found in 1 Corinthians 13.

Homework for the Week

Read 1 Corinthians 13:1 to 13 and reflect on the following questions.

What does this passage teach about the true nature of love?

Which qualities of love challenge you the most?

How can these qualities strengthen a marriage?

SO, IS THIS LOVE?

Perhaps love does not remove every challenge in marriage.

However, genuine love expressed through patience, sacrifice, and daily commitment has the power to carry couples through those challenges.

Love keeps the basket from breaking.

Love keeps the journey moving forward.

Love protects the fruit.

Maybe the real question is not whether love is enough.

Maybe the real question is whether we truly understand the power of love when it is practiced faithfully every day.

WHAT DO YOU THINK?

Is love enough in marriage?

Or does love become enough when it is practiced with patience, sacrifice, and commitment?

COMING IN OUR NEXT NEWSLETTER

Next edition: real conversations about marriage across cultures and generations. Expect insights on communication, modern expectations, and practical wisdom from couples and mentors.

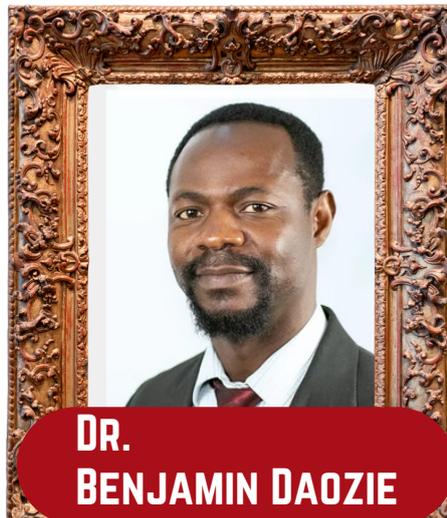
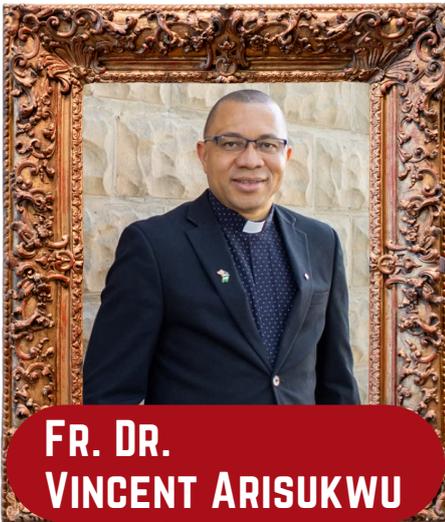
Stay connected as we continue learning how to build stronger homes and lasting unions.

SPEAKERS LINEUP

REMAIN IN MY LOVE 2026 MARRIAGE CONFERENCE.

KEYNOTE SPEAKER

MRS. BRIDGET ITSUELI



REMAIN IN MY LOVE UPCOMING EVENT

MARRIAGE CONFERENCE: FROM SURVIVING TO THRIVING



VENUE:

**EUCHARISTIC HEART SISTERS
LODGE EHJ DOMUS FIDEI, 7 AMORE
STREET, OFF TOYIN STREET IKEJA-
LAGOS**



DATE:

**WEDNESDAY APRIL 22ND
- FRIDAY APRIL 24TH,
2026**

**REGISTRATION
DETAILS:**

**AMOUNT: 100,000
BANK: UBA BANK
ACCT: 1029345903
NAME: REMAIN IN MY LOVE INC**

**AFTER MAKING PAYMENT, KINDLY SEND YOUR
PROOF OF PAYMENT AND FULL NAMES TO THE
REGISTRATION CONTACT.**

P A C K A G E I N C L U D E S :

2 DAYS ACCOMMODATIONS, FEEDING, TRAINING SESSION

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