



# MARRIAGE AND FAMILY WELLNESS NEWSLETTER

THEME: LOVING, GROWING & THRIVING TOGETHER

FEBRUARY 2026  
VOL. 1

*Together We  
Make A Family*

## REMAIN IN MY LOVE MONTHLY NEWSLETTER IS HERE

DEAR FRIENDS IN CHRIST,

Remain in My Love  
Monthly Newsletter is  
here!

Whether you're preparing  
for marriage, newly  
married, or already  
celebrating anniversaries,  
this is your safe space to  
breathe, reflect, and  
grow.

*Let's get into it!!!*



### WHO ARE WE?

Remain in My Love Inc. is  
the Nigerian Initiative of  
the Family Apostolate, a  
US based organization  
that has worked with  
couples and families for  
over a decade.

We are a faith-based marriage  
and family formation  
organization dedicated to  
strengthening marriages,  
nurturing families, and building  
resilient communities through  
holistic, values-driven programs.

Our programs are rooted in  
Christian faith and informed by  
pastoral experience,  
psychology, and cultural  
awareness. Our priority is to  
help relationships thrive. Our  
goal is to support couples at  
every stage of married life from  
preparation to renewal, from  
crisis to growth. And our work  
integrates spirituality, emotional  
well-being, communication  
skills, and practical life tools. We  
are here to help you move from  
survival to achieving a  
flourishing relationship.

Dr.

## KENNETH UWAJEH

Dr. Uwajeh is one of our directors and partners with us to bring about dynamic, results-driven, and value-based outcomes.



"Marriage isn't the place where two perfect people meet; it's where two tired hearts agree to heal together, one gentle day at a time."

### WHY THIS MATTERS.

These days, couples experience a lot of work-related and family-generated stress. They carry burdens that lead to emotional burnout, financial conflicts, spiritual dryness, and in most cases, they feel like struggling hard to keep things together.

The question is whether marriage was meant to be a place of suffering. How long will you be in that survival mode?

The origin of the Christian marriage dates back to the creation of Adam with Eve as his suitable partner. On sighting Eve, Adam exclaims, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man."

This is called an "aha" moment showing clearly that God wants you to thrive, to laugh more, talk more, heal more, and love deeper in your marriage.

This newsletter is your reminder to pause, reset, and reconnect with the person you chose.

# "God's love is the glue that holds marriage together"

**“Strong couples don’t grow closer by avoiding hard talks; they grow by leaning into conversations that matter, building connection one honest exchange at a time.”**



## **WHAT MAKES CONVERSATIONS TRULY MEANINGFUL?**

Every couple’s conversation should engage in a caring manner intended to be fruitful. The essentials include having faith in each other and in God, being purposeful, being productive, accommodating family needs, eliciting and deepening intimacy, encouraging forgiveness, conveying vulnerability, and communicating hope.

Healthy conversations create a safe space for honesty, where vulnerability isn’t met with shame or mockery. How do you leave room for God, through humility, empathy, and faith before or after each conversation?

**“Deep connection is built one honest conversation at a time.”**

## **CONVERSATIONS THAT MATTER: HOW DO COUPLES BUILD DEEPER CONNECTION, ONE TALK AT A TIME?**

Healthy marriages don’t just happen, they’re built through consistent, meaningful conversations. Not the quick “How was your day?” chats. Not weather check-ins. Not sports-detouring conversations, but the kind that reach the heart, clarify values, heal hurts, and align purpose.

In this newsletter, we explore how couples can create space for Conversations That Matter, guided by grace, courage, and biblical wisdom.

Wisdom from the Scripture: “Everyone should be quick to listen, slow to speak and slow to become angry” (James 1:19 MSG).





## Practical Wisdom for Couples: Couple Commitment Exercise

*Marriage flourishes  
when both partners  
choose intentional  
love.*



Dr. Benjamin Dadzie

A certified public accountant (CPA), Ben earned his doctorate from Capella University, USA. , an expert in financial management and conformity with local, state and federal tax laws.

## COUPLES COMMITMENT

We commit to walking this journey together with openness, respect, patience, and prayer. We choose growth over fear, dialogue over silence, and love over resentment.

Spouse 1: \_\_\_\_\_ Date: \_\_\_\_\_

Spouse 2: \_\_\_\_\_ Date: \_\_\_\_\_

## RAYS OF HOPE

We share testimonies of people who found healing through prayer, openness, and support.

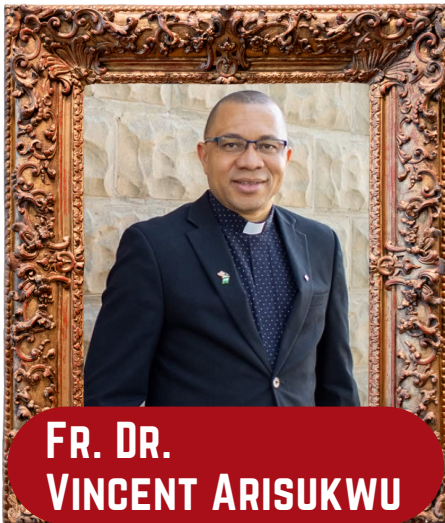
**“Every  
honest  
conversation  
plants hope,  
and hope  
keeps love  
growing.”**

# 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:**

**EUCCHARISTIC 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**

**M O R E   C O M I N G   I N   V O L .   2  
S T A Y   T U N E D ! ! !**

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