



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!



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.

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!!!

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."



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).

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."



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: _____

RAY'S OF HOPE

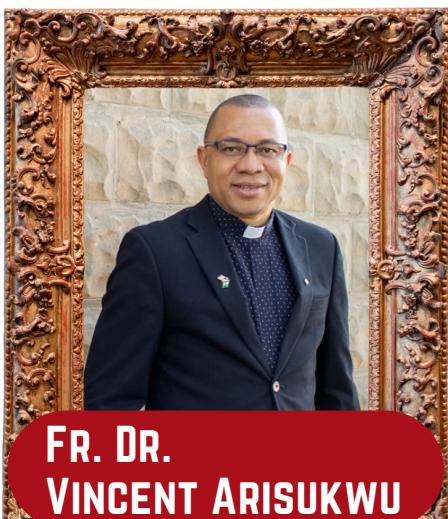
We share testimonies of people who found healing through prayer, openness, and support.

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

SPEAKERS LINEUP

REMAIN IN MY LOVE 2026 MARRIAGE CONFERENCE.

KEYNOTE SPEAKER MRS. BRIDGET ITSUELI



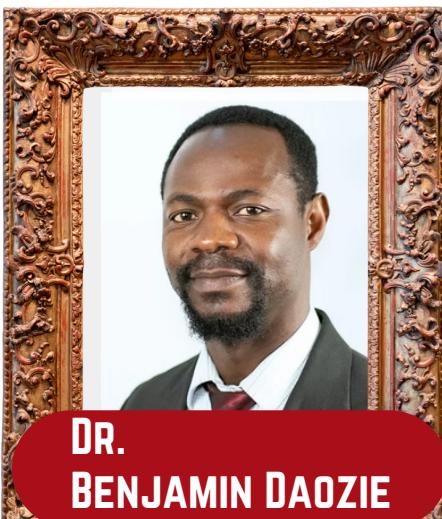
FR. DR.
VINCENT ARISUKWU



DR.
KENNETH UWAJEH



PROF.
CHIOMA ASUZU



DR.
BENJAMIN DAOZIE



CHEF.
TOBIAS IGWE

REMAIN IN MY LOVE UPCOMING EVENT

MARRIAGE CONFERENCE: FROM SURVIVING TO THRIVING



VENUE:

**EUCARISTIC 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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