REMAIN IN MY LOVE
THE RIML NEWSLETTER
NOVEMBER 2026 | VOLUME 1

Strengthening Marriages. Nurturing Families. Transforming Communities.

BEYOND THE DIAGNOSIS

When men's health meets love, intimacy, and relationships

"Beyond the medical diagnosis, there is a person who needs understanding, reassurance and love."



THE GRACE FAMILY

RIML NOTE: BEYOND WHAT WE SEE

Men's emotional, relational and spiritual experiences, which shape a man's life, deserve priority attention. This was brought to the limelight at RIML's recent conference for men. The topic goes beyond addressing men's issues through physical symptoms, medical reports and diagnoses alone.

At Remain in My Love (RIML), we approach love beyond appearances, listen beyond spoken words, and create relationships where people can experience understanding, compassion, and support.

Our November newsletter invites us to reflect on the connection between men's health, intimacy, cognition, and the responsibilities that come with being men and loving one another.

PROSTATE CANCER, SEXUAL HEALTH AND INTIMACY

Featured Conversation 1 | Dr. Mabel Onwumele



DOES PROSTATE HAVE ANYTHING TO DO WITH SEX IN MARRIAGE?

A major issue around RIML's recent conversation on men's health centered on prostate cancer and its possible effects on a man's sexual life and intimate relationships.

Prostate cancer is not just a medical concern. Its effects can extend to a man's sexual confidence, emotional well-being, commitment within marriage and sense of identity.

Men asked: Does prostate cancer mean the end of a man's sexual life? First, the answer to that question requires an understanding that prostate cancer and its treatment do not affect every man in the same way. Some men may experience changes in erectile function, sexual desire, ejaculation and intimacy. However, a diagnosis does not automatically mean the end of a fulfilling intimate relationship.

With appropriate medical guidance, treatment options, patience, and open communication, couples can explore ways to maintain closeness and rebuild intimacy. A message from the conference reminded couples not to allow fear, assumptions, or ignorance to take the place of honest conversation.

Beyond the medical diagnosis, there is a person who needs understanding, reassurance and love.

THE MAN WITHIN: HEALTH, LOVE, AND THE RESPONSIBILITY OF RELATIONSHIPS

Featured Conversation 2 | Fr. Mbonu Ugonna Silas



NURTURING HEALTHY RELATIONSHIPS

Every meaningful consideration of men's health must go deeper than physical condition. Our priest-clinical psychologist, Fr. Mbonu Ugonna Silas, reminded us of this during the men's conference. A man's experiences, responsibilities, relationships and personal well-being are interconnected. His health is not isolated from the people he loves or the environment in which he lives.

Our conversation with Fr. Mbonu Ugonna Silas formed part of this broader reflection on who the real man is, the man within, and the importance of nurturing relationships that take into consideration the entirety of his being. This invites us to recognise an important truth: men should be provided with safe spaces where they can be heard, understood, encouraged and supported. This is a core mission of the RIML Flourishing Framework.

Beneath the expectations placed on men to provide, protect and remain strong, there is an individual whose emotional and spiritual well-being calls for acknowledgement. Hence, the need to build healthy relationships that require more than fulfilling responsibilities. How, then, can families and society be more present, show greater understanding, promote better communication, exercise patience and encourage men to grow together?

A healthy relationship is one in which both people are seen, heard and valued.

BEYOND THE TALKS: WHAT SHOULD WE TAKE HOME?



HEALTH IS WEALTH

1. **Health conversations should not be avoided.** Early medical attention and open discussions can make a significant difference.
2. **Intimacy is more than sexual intercourse.** Emotional closeness, affection, companionship and trust form the core of intimacy.
3. **Men do better with emotional support.** Strength does not mean the absence of vulnerability or the inability to ask for help.
4. **Love requires understanding.** When health challenges arise, couples need patience, compassion and honest communication.
5. **Relationships must make room for growth.** Every season of life presents opportunities to learn, adjust and love more intentionally.

THE RIML PERSPECTIVE

At Remain in My Love, we champion relationships rooted in love, understanding, faith and intentional connection. We engage in conversations that help break unhealthy silence, challenge unwarranted assumptions and encourage individuals and couples to approach life's challenges as collaborators.

Whether the issue is physical health, emotional well-being, intimacy or family responsibilities, relationships remain active when love is rooted in God. Love becomes practical through listening, showing up, offering support and choosing to understand one another. Men must be men in ways that inspire greater love and hope for themselves and their families.

WHAT'S NEXT? GRACE CONNECT FOR HIM

♥ RIML MEN'S PROGRAM ♥

Grace Connect for Him

A Man's Body, A Father's Calling

What Our Bodies Teach Us About Being Men

Saturday, 21 November 2026 • Zoom

DATE	**Saturday, 21 November 2026**
TIME	**To be announced**
VENUE / PLATFORM	**ZOOM**
ENQUIRIES	**09034148835**

Join us on 21 November for another opportunity to connect, learn, share and grow. Grace Connect for Him is part of our ongoing commitment to our formation program. Men can now engage in conversations around their personal lives, relationships and families. Your body tells the story of the man you were created to be; your spirit reveals the father you are called to become. Watch out for more details on RIML platforms.

A FINAL WORD

May we become more intentional about the conversations we have, the people we listen to and the relationships we nurture.

May our homes become places where health concerns can be discussed without shame, where vulnerability is met with compassion and where love is expressed not only in words but in everyday actions. Because sometimes, what a person needs most is not simply someone who knows what they are going through, but someone willing to walk through it with them.

"Lord, heal the man within, strengthen the man we are, and guide the man we are becoming."

REMAIN IN MY LOVE.

With love, REMAIN IN MY LOVE INC.

STAY CONNECTED WITH US

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