

REMAIN IN MY LOVE

NEWSLETTER

SEPTEMBER 2026 | VOLUME 1



Strengthening Marriages. Nurturing Families. Transforming Communities.

DEAR RIML FAMILY

Welcome to September 2026, Volume 1 of the Remain In My Love Newsletter. This edition brings together two powerful reflections from our recent conversations, both centered on one of the most important parts of our human experience: **connection**.

“We were never meant to walk through life alone.”

A reflection on connection, community, attachment, and intentional relationships

THEME FEATURE

The Way We Connect

Why we need people and how our stories shape the way we love.

The first speaker reminded us that we were never created to do life alone. We need meaningful relationships, community, friendship, family and people who genuinely walk with us through life.



Dr. Njideka Udochi-Okonjo, speaker on sisterhood, physical wellbeing, and emotional connection

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The second speaker took us deeper, helping us understand the psycho-spiritual side of relationships — particularly how our upbringing, experiences, and attachment patterns can influence the way we connect with others.



Fr. Dr. Vincent Arisukwu, speaker on sisterhood, spiritual wellbeing, and emotional connection

“How do I connect with people, and why do I connect the way I do?”

This is where the journey to healthier relationships begins.

You Are Not Meant to Walk Alone

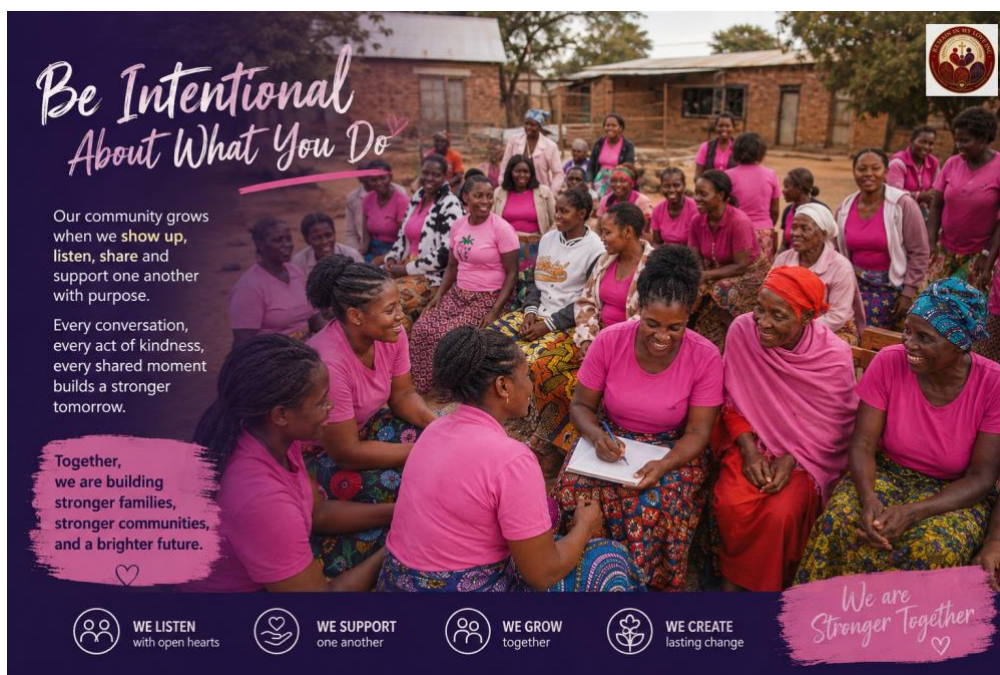
We live in a world where autonomy and control seem to be celebrated. We are encouraged to be strong, to figure things out, to keep moving and to handle our responsibilities. Yet being strong does not mean pretending that we do not need people.

Behind many smiles are tired minds. Behind many busy schedules are lonely men and women. Behind many successful lives are many isolated people, silently longing to be seen, understood, and loved.

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COMMUNITY & CONNECTION



Why we need each other.

We need people who can celebrate with us, pray with us, listen without judging us, tell us the truth with love and show up when life becomes difficult. But this raises another important question: why do some people find connection easy, while others find it difficult?

Connection Is Often Shaped by Our Individual Stories

Have you ever wondered why you respond to relationships the way you do? The second speaker introduced the subject of attachment and the ways our early experiences can influence how we approach relationships. The way we were cared for. The way love was expressed around us. The relationships we witnessed. The experiences that made us feel safe or unsafe. The people who were present. And sometimes, the people who were not.



Our stories shape us.

These experiences can influence whether we easily trust others, fear being left, avoid emotional closeness, or struggle to express our needs.

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Awareness is often the beginning of healing.

Understanding our patterns does not mean blaming our past for everything. It gives us an opportunity to become more aware and to ask better questions:

- What have I learned about love?
- What do I expect from people?
- What am I afraid of in relationships?
- Why do I react the way I do when I feel rejected, ignored or disappointed?

Are You Caught Up in the Question: “What If They Leave?”**Understanding the Fear of Abandonment**

One of the patterns discussed was the pros and cons of anxious attachment. A person with anxious tendencies may deeply desire closeness and connection but may also carry a strong fear of being abandoned.

- Will this person still be there for me?
- What if they stop loving me?
- Why have they not called?
- Why is he or she not picking my calls?
- What if they leave?

Sometimes, the fear of losing someone can become so powerful that a person begins to overthink every action, every silence and every change in behavior. Healthy relationships need communication. A delayed call does not always mean rejection, and not every difficult moment means a relationship is coming to an end.

“When this happens, I begin to feel afraid. Can we talk about it?”

Honest communication can create room for understanding, reassurance, and growth.

When Autonomy Wears a Mask: “I Can Handle It Myself”**When Independence Becomes a Wall**

Another pattern discussed was avoidant attachment. Some people value independence so strongly that emotional closeness can feel uncomfortable.

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They may prefer to solve their problems alone. They may find it difficult to share their emotions. They may withdraw when relationships become too intense. Deep inside, they may tell themselves: “I do not need anyone. I can handle it myself. It is safer not to depend on people.” Independence is not a bad thing. But there is a difference between healthy independence and emotional isolation.

Vulnerability is not weakness.

Sometimes, healing means allowing trustworthy people to come closer. It means learning to say, “I need help,” “I am struggling,” or “Please stay with me through this.” We can become so determined not to need anyone that we begin to push away the very people who want to love and support us. The deeper question is whether we are alright, or afraid of connection.

Who Are You Connecting With?

Not everyone relates to life in the same way. Not everyone expresses love in the same way. Not everyone responds to pain in the same way. This is why we must become more intentional about understanding the people in our lives — their personalities, their character, their fears, and the experiences that may have shaped them.

Understanding does not mean accepting unhealthy behavior. It means responding with greater wisdom, compassion and maturity.

- **Before saying, “He does not care,”** ask: could he be struggling to express what he feels?
- **Before saying, “She is too needy,”** ask: is she carrying a fear of being abandoned?
- **Before saying, “I do not need anybody,”** ask: have I become so afraid of disappointment that I have stopped allowing healthy relationships into my life?

THE GOAL IS NOT JUST TO FIND PEOPLE

It Is to Build Healthy Connections

Healthy relationships require more than simply being around people. They require intentionality.



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Building healthy relationships.

- **Self-Awareness:** understanding yourself, your emotions and your patterns.
- **Communication:** learning to express what you feel instead of expecting people to read your mind.
- **Trust:** giving healthy relationships an opportunity to grow.
- **Vulnerability:** allowing yourself to be known.
- **Boundaries:** knowing that love and access are not the same thing.
- **Compassion:** remembering that everyone carries a story.
- **Community:** surrounding yourself with people who help you become better.

You do not need many people. You need meaningful people.

YOUR SEPTEMBER ACTION PLAN

Don't Just Read This — Do Something

This month, we challenge every member of our RIML family to take intentional action.



1

Pause and Reflect

Ask yourself: how do I behave when I am afraid of losing someone? Do I cling, overthink, withdraw or become silent? What patterns do I keep repeating in my relationships?

2

Have One Honest Conversation

Is there someone you need to talk to — a spouse, friend or family member? Do not allow assumptions to build unnecessary walls. Reach out. Talk. Listen. Seek understanding. Pray.

3

Reconnect With Someone

There may be someone you have been meaning to call. Do it. Send the message. Make the call. Check on the person. Sometimes, “How are you really doing?” can make a difference.

4

Stop Running From Yourself

If you notice unhealthy patterns in the way you relate with others, do not ignore them. Reflect, pray, and seek wise counsel where necessary. Growth begins with honest self-awareness.

5

Choose Your Community Wisely

Choose people of good character — people who encourage you, challenge you to become better and can speak truth to you with love.

6

Seek Further Knowledge

Attend Remain In My Love seminars to be educated. Listen to professionals. Learn new skills for enhanced communication.

FOR MARRIAGES AND FAMILIES

These conversations are particularly important for couples, engaged couples, and for those preparing for marriage or raising families. Our relationship patterns do not disappear when we get married — sometimes, they become more visible. Knowing yourself early enough helps. The fear of abandonment. The need for reassurance. The difficulty in expressing emotions. The tendency to withdraw. The fear of vulnerability. These things can affect both the way we love and the way we receive love.

Strong marriages are not built by two perfect people. They are built by people who are willing to learn, grow, communicate, forgive, and remain committed to love.

So, beyond asking “What does my spouse like?” let us also ask:

- What makes my spouse feel safe? And What makes my spouse withdraw?
- What fears may be affecting the way my spouse responds?
- How can I love my spouse in a healthier and more understanding way?

Remember This

You cannot always control your past. You cannot change every experience that shaped you. But you can become more aware of yourself. You can learn. You can heal. You can communicate differently. You can build healthier relationships. You can choose better patterns.

You can learn to love without fear controlling your heart.

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SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.

♥ RIML MEN’S PROGRAM ♥

Grace For Him

A powerful conversation for men is coming!

Saturday, 17th October 2026 • 6:00 PM Nigerian Time • Virtual
Invite the men in your life — sons, husbands, brothers, and friends.

Date	Saturday, 17th October 2026
Time	6:00 PM Nigerian Time
Nigeria	₦5,000
International	\$10 USD
Zambia	50 Kwacha
Enquiries	+234-802-110-7455

What Does It Truly Mean to Be a Man of Character?

Join us for an important and impactful conversation on responsibility, restraint, courage, integrity and the strength required to become a better man. Our professional speakers are already lined up.

A time to reflect. A time to learn. A time to grow.

COMING NEXT...

September | Volume 2

This is only the beginning of the conversation. In September Volume 2, we will continue exploring relationships, connections, growth and the things that help us build stronger marriages and healthier families.

Don't miss it. Read. Reflect. Discuss. And most importantly — take action.

Understanding relationships is not enough. We must allow what we learn to change the way we live and love.

Our Heart for You

At Remain In My Love Inc., we believe that strong marriages and families are not built by accident. They are built intentionally — one conversation at a time, one act of love at a time, one honest reflection at a time, and one decision to grow at a time.

So, this September, we invite you to look inward, reach outward, and love more intentionally.

Know yourself.
Understand others.

Build healthy connections.
Choose meaningful community.
Communicate with love.

JOHN 15:9

With love,

REMAIN IN MY LOVE INC.

STAY CONNECTED WITH US

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