

— Issue no. 01-2025 —

# The Couple Binders

*Our Yearly Brief*

[Events](#)

[Blog](#)

[Gallery](#)

**Celebrating Love and  
Connection – A Year with  
The Couple Binders ❤️**



## Our Vision

A world where couples thrive in their marriages.

## Our Mission

To use our gifts, skills, abilities, passion and experience to teach, mentor and support couples to stay and thrive in their marriages.

## What we do

**Are you bothered by something in your marriage or dating relationship?**



Seeking help is a sign of courage, humility & intelligence.



Lucy Peace Nantume & Ronald Kazibwe  
*We are the Couple Binders*

**Contact us for help TODAY!**

 +256 782 055166  [www.thecouplebinders.com](http://www.thecouplebinders.com) Find us on Social media     



**ELEVATE YOUR EVENT WITH DEEPER CONNECTIONS**



Invite us to spark meaningful conversations at:

- Marrieds' engagements
- Marriage preparatory activities
- Youths' events
- Workplace wellness events
- Bridal / groom showers
- And more!"

**Call or WhatsApp us Today**

 +256 782 055 166  
 +256 702 569 757

Follow us on Social Media as **The Couple Binders**

 [www.thecouplebinders.com](http://www.thecouplebinders.com)     



## **INSIDE, WE ALSO TALK ABOUT:**

**What's New?**

**The Annual  
Couples' Getaway  
2024**

**Monthly Couple  
Bonding  
Conversations**

**17 Blog Posts  
Shared with Love**

**Speaking  
Engagements**

**One-on-One  
Support for  
Couples**

**Other Key  
Highlights**

**Online Presence  
& Growth**

**Testimonials**

**What's Next?**

## **Foreword**


Welcome to The Couple Binders' first annual brief!

In May 2024, after more than a decade of supporting couples in an informal, unstructured way, we decided it was time to get intentional, and so The Couple Binders was born. Fittingly, we chose our wedding anniversary, May 1<sup>st</sup>, as our official launch date. This step was inspired by a series of reflections, prayers, and nudges, including a learning journey into passionpreneurship, and the encouragement of a newspaper editor who believed in our story enough to publish it.

From that point on, we made a commitment; to boldly share our love, our lessons, and our marriage journey, not for show, but to serve. We embraced the opportunities offered by technology, launching a website, a YouTube channel, TikTok, and a Facebook page. While we're still learning how to make all these platforms work seamlessly, the feedback from people we would never have reached offline has affirmed that this is where we need to be.

In our first year, we've been blessed with rich and meaningful engagements. We hosted an Annual Couples' Getaway, started monthly Couple Bonding Conversations, supported 12 couples through personalized one-on-one sessions, and published 17 blog posts filled with stories, insights, and encouragement. We've spoken at events for youths, newlyweds, and seasoned couples, in churches, universities, and community spaces, and even shared our message on radio and in mentoring spaces. Each interaction has strengthened our conviction that this mission is needed, now more than ever.

Our work is deeply rooted in Jesus' call to **spread the gospel to the ends of the earth**. For us, marriage is our gospel. It is no accident that Jesus chose a wedding, the celebration of a covenant, for His first miracle. When the Son of God entered humanity, He did so through a family. We take this as a divine affirmation of the sanctity and power of marriage.



At The Couple Binders, we shine a hopeful, honest light on marriage in a world often filled with cynicism and negativity about it. Through our own lived experience, 15 years married, 19 years together, we testify that it is not only possible to be happy in marriage, but to thrive in it.

Our vision is “A world where couples thrive in their marriages.”

Our mission is to use our gifts, skills, abilities, passion and experience to teach, mentor and support couples to stay and thrive in their marriages.

We dream of a time when many other couples will feel called to this same mission, to become Couple Binders in their own right, boldly sharing their journeys to encourage others around the world.

We can hardly believe it's already been a year! From heartfelt conversations to unforgettable getaways, we've been honored to walk alongside you, our growing community, as we nurture and celebrate the beauty of love and connection.

Thank you for being part of this story. We hope you enjoy reading this brief and pray that God will do even more in and through us in the year ahead.

With love and gratitude,

**Lucy Peace Nantume & Ronald Kazibwe**

*The Couple Binders*



# What's New?

## ***Introducing The Couple Binders' Enterprises***

We're excited to announce that The Couple Binders is now officially registered as a business entity under the name The Couple Binders' Enterprises. This step was inspired by our desire to support businesses and workplaces in helping their staff nurture strong, healthy relationships, recognizing that personal relationship challenges often affect professional performance.

We invite companies, organizations, and institutions to engage us to speak to their teams about love, marriage, and relational wellness. We understood that such engagements would require a formalized structure, and now we are fully set up and ready to collaborate.

## ***The Launch of "Thrive Oh Wife 19"***

On her 40<sup>th</sup> birthday (19<sup>th</sup> May), Lucy launched Thrive Oh Wife 19: *Becoming the Best You in Marriage and Beyond*, a monthly movement and community space dedicated to supporting women, especially wives and aspiring wives, on their journey to grow, heal, and thrive in faith, marriage, and purpose. Every 19<sup>th</sup> of the month, from 7.00-8.30pm, she hosts a 90-minute session filled with honest conversations, learning, unlearning, and mutual support.

While the primary focus is on wives, all women are welcome, recognizing that many are called into marriage at some point in life. This initiative stems from a deep conviction that women play a profound role in shaping marriages, families, and society, a sacred calling that cannot be ignored. Follow The Couple Binders on social media or contact Lucy via *WhatsApp* at +256702569757 for more details.

# Here is what We've Been Up To: May 2024 – May 2025

## The Annual Couples' Getaway 2024



What an unforgettable experience! Our Couples' Getaway 2024 brought together 50 amazing couples for a weekend of learning, laughter, deep connection, and rejuvenation. Held under the theme "Rekindling Our Flame: A Couples' Retreat into Intimacy," the getaway explored the depths of spiritual, emotional, and physical intimacy. We left inspired, reconnected, and ready to keep the flame burning bright.

*"The getaway explored the depths of spiritual, emotional, and physical intimacy."*







Ronald & Lucy Peace (The Couple Binders)



The Odongos



The Bwetabures



The Owekas



The Okellos



The Oringas



The Musinguzis



The Ssemwangas



The Kizitos



# Monthly Couple Bonding Conversations

Since July 2024, we've hosted 11 Monthly Couple Bonding Conversations — a mix of online and in-person sessions — where couples dive deep into the topics that shape strong, lasting relationships. These heart-to-heart conversations have sparked vulnerability, laughter, healing, and growth. We're only getting started, and we can't wait to keep the conversation going!



**MONTHLY COUPLE BONDING CONVERSATIONS**

Every last Saturday of the month  
With **The Couple Binders**

Every last Saturday of the month  
7.30am - 9.00am

Online

**FREE**

+256 782 055 166  
+256 702 569 757

Follow us on Social Media as  
**The Couple Binders**

[www.thecouplebinders.com](http://www.thecouplebinders.com)

Logos for YouTube, TikTok, LinkedIn, Facebook, and Instagram.



One-on-One Couple Bonding Conversation meeting.



**MONTHLY COUPLE BONDING CONVERSATION**

Hosted by: **The Couple Binders**

Topics: *Forgive, Heal, Reconnect.*

**Saturday, 31<sup>st</sup> May**  
8:00 - 9:30 am

Join us on **zoom**  
Meeting ID: 825 7223 0443  
Passcode: 365638

Contact details: 0782055166 / 0702549757 / www.thecouplebinders.com

**THE COUPLE BINDERS**

Invite You to **Thrive Oh Wife 19**

Topic: **Grown, Glowing & Glorious: 40 Lessons@40**

**Monday, May 19<sup>th</sup>, 2025**  
07:00pm - 08:30pm

Online Join us on **FREE zoom**

Meeting Details  
Meeting ID: 830 5080 0037  
Passcode: 546055

Host: **Lucy Peace Nantume**

Contact details: 0782055166 / 0702549757 / www.thecouplebinders.com

Monthly **COUPLE BONDING** Conversations

Topic: **Scrolling Past Each Other: How Phones Are Changing Love (and What to Do About It)**

**Date: Sat, April 26<sup>th</sup>, 2025**  
Time: 8:00 - 9:30 am

Join us for a **FREE Session Via zoom**

Meeting ID: 883 4384 1105  
Passcode: 162901

Contact details: 0782055166 / www.thecouplebinders.com / 0702549757

Monthly **COUPLE BONDING** Conversations

Topic: **Cultivating spiritual intimacy in your marriage**

**Sat, 29<sup>th</sup> March, 2025**  
8 am - 9.30 am

**FREE zoom**

Feel free to call/WhatsApp us on any of the numbers on the left.

**The Couple Binders**  
Ronald & Lucy Peace

0702549757 / 0782055166 / www.thecouplebinders.com

**THE COUPLE BINDERS**

Invite you to: **A conversation on Parenting**

with **Dr. Monica Etima Kizito**

**SAT, 22<sup>ND</sup> FEB 2025**  
10AM - 2PM

Nella Wellness Centre, Lower Kololo Terrace

Physical attendance - 50,000/- UGX Per Person  
Online attendance - 30,000/- UGX Per Person

Theme: *The evolving landscape of Parenting: Seasons, Blended families and more.*

www.thecouplebinders.com / +256 702 569 757 / +256 782 055 166

**THE COUPLE BINDERS** Present

Topic: **Couples' New Year Kick-Off**

**Sat, 25<sup>th</sup> January, 2025**  
7.30 am - 8.30 am

**FREE Session via zoom**

Meeting ID: 889 7360 5429  
Passcode: 868064

www.thecouplebinders.com / +256 702 569 757 / +256 782 055 166

**MONTHLY COUPLE BONDING CONVERSATION**

Theme: **Making the most of the holiday season**

**Sat, 30<sup>th</sup> November, 2024**  
7.30am - 8.30am

Join us on **zoom** **FREE Interactive Zoom session**

www.thecouplebinders.com / +256 702 569 757 / +256 782 055 166

Monthly **COUPLE BONDING** Conversations

Theme: **Prioritising Love: Meeting each other's needs in a busy life.**

**FRI, 25<sup>TH</sup> OCT 2024**  
6.30PM - 8.30PM

Christ the King, Wamala hall, Kampala  
Online & Physical attendance options

Early bird (pay by 15<sup>th</sup>) 25,000/- thereafter, 30,000/- UGX Per person

Pay to +256 782 055 166 / +256 702 569 757

www.thecouplebinders.com / +256 702 569 757

**THE COUPLE BINDERS** Present

Topic: **The power of two: Why your marriage matters**

**FREE zoom Session**

Saturday, 19<sup>th</sup> Oct 2024  
Time: 8am - 9am

Join Zoom Meeting  
Meeting ID: 878 1832 4861  
Passcode: 821293

+256 702 569 757 / www.thecouplebinders.com

**COUPLE BONDING** Conversations

Theme: **Love and Responsibility: Candid conversations on marital intimacy**

**FRI, 27<sup>TH</sup> SEPT 2024**  
6.30PM - 8.30PM

Christ the King main hall, Kampala  
Online & Physical attendance options

Early bird (pay by 15<sup>th</sup>) 25,000/- After 15<sup>th</sup>, 30,000/- UGX Per person

Hosts: **The Couple Binders**

Guest: **Jackie Kigonya**

+256 702 569 757 / www.thecouplebinders.com

**MONTHLY COUPLE BONDING CONVERSATIONS**

Theme: **"Marriage's Third Person: The Divine Ingredient"**

**Guest Speaker: Rose Kifa**

**Fri, 30<sup>th</sup> August 2024**  
6.30pm - 8.30pm

Christ the King main hall, Kampala

Early bird (pay by 10<sup>th</sup>) 25,000/- After 10<sup>th</sup>, 30,000/- UGX Per person

www.thecouplebinders.com / +256 782 055 166 / +256 702 569 757

Follow us on Social Media as **The Couple Binders**



# 17 Blog Posts Shared with Love

From practical relationship tips to real-life inspiration, we've published 17 blog posts on our website, crafted to support couples on their journey. These reflections have helped many reignite their love, resolve conflict, and stay grounded in purpose.

👉 Browse our blogs:  
[thecouplebinders.com/posts](https://thecouplebinders.com/posts)



## Speaking Engagements

We've had the joy and honor of speaking to diverse audiences at different stages of their love journey:

### For singles and those preparing for marriage

- Makerere University, St. Augustine Catholic Community: Freshers' Orientation, Singles' Conference, and Finalists' Dinner (as Chief Guests)
- Young Professionals' Mentorship Programme: "Navigating Love and Relationships"
- Bridal showers and gatherings of couples walking toward the altar

We believe in helping young people date intentionally and build a strong foundation for marriage.

*"We believe in helping young people date intentionally and build a strong foundation for marriage."*





**YOUNG PROFESSIONAL MENTORSHIP PROGRAM (YPMP)**  
*"Supporting Young People to Rethink, Refocus and Succeed"*

## 2024 YPMP MENTORSHIP SESSION 19

**Topic: Understanding Love and Relationships**



**Vincent Kayondo**  
HOST  
Program Mentee, YPMP



**The Kazibwes**  
GUEST SPEAKERS  
Relationship Experts



**Piloya Flavia**  
MODERATOR  
Program Mentee, YPMP

Sept. 14, 2024 4 PM EAT, 1 PM UTC

Via Zoom

[www.youngprofessionalmentorshipprogram.com](http://www.youngprofessionalmentorshipprogram.com)

f @ t i n



Guest Speakers at Young Professional Mentorship Program event



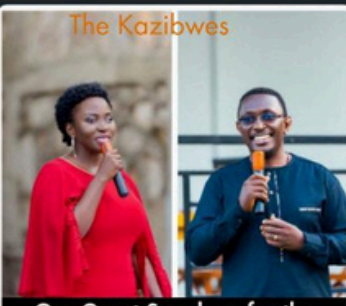
Lucy speaking at a Bridal Shower

**The Marriage and family ministry of kigoowa**

Invites all couples and family heads from Kigoowa parish to their monthly mass

**The Kazibwes**



**Our Guest Speakers for the evening**

St. Balikudembe Kyanja Sub-Parish

At the Begumisa's Residence in Kyanja  
 29th November 2024  
 Time: 5pm

Guest Speakers at the Marriage & Family Ministry of Kigoowa



Lucy speaking at a Bridal Shower



## For married couples

We've spoken at several parish and sub-parish events, including:

- **Namugongo Parish Marrieds Day – Over 400 participants**
- **Buloba-Nakabango Half-Day Event – Approx. 80 participants**
- **St. Balikuddembe Kyanja Sub-Parish Marrieds Engagement– Approx 100 participants**
- **St. Charles Lwanga Mutundwe Youth Marriage Seminar – 12 couples**
- **St. Kizito Sub-Parish, Kyengera Marrieds Day – Over 100 participants, including a couple married for 47 years!**

These moments have been filled with truth, and transformation and we're honoured to be part of them.

We've had the joy and honor of speaking to diverse audiences at different stages of their love journey:



*Speaking at a married youths' event at Mutundwe.*







During facilitation at a married youths' event at Mutundwe.



Facilitation at St. Kizito Subparish, Kyengera Parish Impactful Session with over 100 participants, ranging from newlyweds to mature couples, including one married for 47 years.



# One-on-One Support for Couples

We offered personalized, confidential support to 12 couples at different stages of their relationship journey, from those preparing for marriage to those navigating tough seasons. These sessions were held both online and in person.

Need someone to walk with you in your marriage? We're here. ❤️ [Contact info: +256 702 569757]

## Online Presence & Growth

We've seen meaningful growth across our online platforms this year:

- **YouTube:** 9,136 total views | 331 subscribers (as of 19th May 2025)
- [Instagram: 65 followers] | [Facebook: 43 followers] | [TikTok: 1391 followers] | [LinkedIn: 93 followers ] (as of 31st May 2025)
- **Website Reviews:** Couples continue to leave heartfelt reviews on our website, sharing how our content and community have impacted their lives.

# Other Key Highlights

- **Strathmore University Training:** From June to September 2024, we completed a four-month Moderators' Training Course by Strathmore Business School and received certificates of completion.
- **St. Joseph Community:** We were honored to be invited to be part of the St. Joseph Community, a space for supporting ministers and were Chief Guests and speakers at their Community Day on 1st May 2025.
- **Radio One Feature:** On April 29th, we were featured on the popular Radio One talk show He/She for a powerful conversation on relationships. The feedback was overwhelming, and we're grateful for the opportunity!
- **Kampala Report Feature:** On May 21<sup>st</sup> we featured in an article in the Kampala Report. Click the link below to read the article:  
<https://www.thekampalareport.com/society/relationships/2025052149927/couple-binders-empowering-couples-to-thrive-in-marriage.html>



Radio One Feature Interview

St. Joseph Community

# Testimonials

I always look forward to the monthly conversations with Couple Binders!

😊 In our December conversation, I gained a valuable insight that transformed our holiday experience.

Hearing how another couple shared christmas holiday time between their families inspired us to try something new.

We have been married for 22 years. We used to only visit one side of the family, but this time we divided the week and spent time with both families. It was amazing! 🌲

Thank you, Couple Binders, for creating a space where we can share, learn, and grow together! 🙏

Immaculate.

08-08-22

➡ Forwarded

First, it was soooooo lovely to be at your home. Your warmth and hospitality almost made me forget that I was there to learn 😊 Thank you to you and your hero for hosting us, it was inspirational!

Then, Dr. Monica. Wow! The goal challenge was such a welcome strategy. I enjoyed the "simple questions" that inspired reflection. So much to do, so much room for growth. Thank you for sharing so openly. 🙏

Finally, from the participants, it was reassuring to meet you all and know that we're not alone in the struggle to be better parents. It was encouraging just to be there with you and to learn from your experience. Thank you all 🙏

May God bless you all in His own mercy.



★ 15:49

I've been getting some serious mentorship from your YouTube channel from you and tata and oh myyy Godddd where have you people been 🙏🙏🙏 it's very timely information for girls of my age, especially me and God really knew I needed it.

I'm learning so much so far and can't wait to share with you soon and get the courage to ask those difficult questions 🐱🐱🐱 but from the look of things with such guidance, I will surely marry RIGHT

Thank youuuu so much ❤️❤️❤️🌹

09:14

From watching our YouTube Channel

Apart from learning and sharing experience, we had taken yrs without going out alone away from home stress. We always see school Fees, making children happy...in all the money we get 😊

07:25

Thanks for the weekend get away to work on our marriages. Greatly appreciated and thank God for working through you to restore & support sustenance of marriages. 🙏



Edited 19:54

Good morning the Kazibwe's 😊  
Thank you so much for the wonderful experience... we are a better couple and indeed needed the exposure...  
God bless you both 🙏

09:06

Testimonials from the 2024 Couples' Getaway

I have a happy marriage, at one point I used to worry bse most ladies cry about unhappy marriages...was so relieved when I met you guys and everything I've listened to in yr posts is positive vibe and I love it I admire yr couple and I thank God for making me a member of St luke and meeting the two of you Blessings always

12:43

Goodevening Lucy, hope you are ok.

I feel convicted to sow a small seed in your ministry. Again, keep up the good work. The world needs joyful families, people after God's own heart.

Blessings

21:17

champion. I love your openness to God's calling towards the Couples. As you speak, act I see that. May God bless You in all you do as you grow Young.  
Mr Ronnie is blessed to have you, You people make a great Couple. You by his side is a great honour. You are unstoppable, limitless and the sky is no longer the limit.

Well done **Nantume Lucy**.. u give us hope that marriage is indeed beautiful. We have heard soo much negative but rarely do we hear the success stories but I see you changing the narrative and amplifying the success stories and encouraging more people to embrace it.

Testimonials from other events

## What's Next?

The road ahead is full of promise — and we're just getting started! We have exciting new programs, events, and blog posts lined up, and we can't wait to continue walking this journey with you.

We invite you to stay connected, share your stories, and keep spreading the love! There's a place for you in this mission to build thriving marriages and families.

Together, let's build strong, God-centered marriages — because strong marriages create strong families, strong communities, and a stronger society, all to the glory of God.

Thank you for being part of *The Couple Binders* family. Here's to many more months and years of love, connection, and growth!

With love,  
**The Couple Binders Team** ❤️



### Contact us on:

Phone no.  
+256 702 569 757 | +256 782 055 166  
Email:  
[thecouplebinders@gmail.com](mailto:thecouplebinders@gmail.com)

## How You Can Stay Involved:

- **Visit our website** to explore upcoming events, programs, and fresh blog content:  
[www.thecouplebinders.com](http://www.thecouplebinders.com)
- **Follow us on social media** to stay updated and inspired:  
Facebook: [The couple binders - Rony & Lucy](#)  
Instagram: [@thecouplebinders](#)  
YouTube: [@ThecouplebindersRonyLucy](#)  
TikTok: [@thecouplebinders](#)  
LinkedIn: [The Couple Binders](#)
- **Join our WhatsApp community** to stay in touch with us and other couples on the same journey. (Contact info: +256 702 569757)
- **Participate in our activities** — whether it's a getaway, a conversation circle, or a blog discussion, there's always room for you.
- **Invite us to speak at your events** — churches, workplaces, small group gatherings, or any space where couples or soon-to-be couples are present. We're passionate about walking with people before and during their marriage journey.