

— Issue no. 02-2026 —

The Couple Binders

Our Yearly Brief

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**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

- ✔ Dating support
- ✔ Pre-marital support
- ✔ One - on - One Guidance
- ✔ Event speaking & Facilitation
- ✔ Blissfully Bound Program
- ✔ More Than a Wife

Has your marriage become bumpy?

BOOK A SESSION TODAY

With 

The Couple Binders

For more details contact +256 702569757 www.thecouplebinders.com

Invite the **COUPLE BINDERS** to Speak at:

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

CONTACT US ↓

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

+256 702569757 www.thecouplebinders.com 

INSIDE, WE ALSO TALK ABOUT:

What's New?

**The Annual
Couples' Getaway
2025**

**Thrive Oh
Wife(19)**

**16 Blog Posts
Shared with Love**

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Engagements**

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Couples**

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& Growth**

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Foreword


Welcome to The Couple Binders' second 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 1st, 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 second year, we've been blessed with rich and meaningful engagements. We hosted an Annual Couples' Getaway, Continued Conversations, supported couples through personalized one-on-one sessions, and published 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, Tv 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, 16 years married, 20 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 2 years! 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?

The Launch of “More Than a Wife” Programme

We're excited to announce that in October of 2025, The Couple Binders launched a programme called “More than a Wife”.

This programme is an 8 - week personal growth journey for women who are ready to rediscover themselves - not apart from marriage but deeply within and beyond it.

The programme happens twice in a year and so far has had two cohorts, one in October to November of 2025 and the other one in February to March of 2026. It is for both married and those walking towards marriage. You are welcome to join the upcoming cohorts.

Introducing The Blissfully Bound programme

Blissfully Bound is a structured six-session marriage enrichment programme designed to strengthen couples in the foundational pillars that most influence marital stability and long-term thriving: faith, family, finances, intimacy, and resilience through life's seasons.

Developed by The Couple Binders, the programme responds to recurring marital challenges observed through years of coaching, retreats, community engagement, and faith-based facilitation.

Rather than offering a one-time motivational talk, Blissfully Bound provides a guided transformational journey that equips couples with practical tools, shared frameworks, and actionable growth plans.

The programme is designed for churches, organisations, and private cohorts seeking to intentionally strengthen marriages within their communities.



BLISSFULLY BOUND

A 6 weeks structured, intentional pathway for couples who desire a thriving marriage experience instead of mere co-existence

By **Rony & Lucy**
The Couple Binders

Tackling 4 main areas of marital conflict:
Faith, Family, Finances & Intimacy.

Designed for:

- ✓ Married couples (newly married to seasoned)
- ✓ Dating couples walking towards marriage
- ✓ Couples feeling stuck or drifting apart
- ✓ Couples desiring structured growth
- ✓ Couples preparing for leadership in church or communities.

To book for your group and for more details contact...
+256 702 569 757 | www.thecouplebinders.com

Here is what We've Been Up To: June 2025 – May 2026

The Annual Couples' Getaway 2025

The 2025 annual Couple's retreat brought together **85 participants** – some as couples, others attending alone because their spouse couldn't make it. The weekend was centred on the theme **"Love Reborn: Forgiveness, Healing & Renewal,"** and it resonated powerfully. From the first session to the closing moments, participants were drawn into stories, moments of reflection, and honest conversations. So did the one-on-one couple moments, the Bimeeza (men-only and women-only) sessions, prayer moments, bonfire conversations, and the lighthearted karaoke night that brought joy to the journey.

"The forgiveness session stood out as a favourite, offering a heartfelt message that touched many."

2025 11th Edition 

COUPLES' GETAWAY

Theme:
Love Reborn: Healing, Forgiveness, and Renewal

 **Lakes of Grace Resort, Muduuma**

JUNE 21ST & 22ND

Cost Per Couple
UGX 360,000
(Non-Residency, lunch inclusive)



Send your payment to any of the numbers below.
All Are Welcome: Regardless of religious affiliation or marital status, all couples are invited to join us!
Don't miss this opportunity to rebirth your love! ❤️

Payment / Contact details  0782055166  0702569757  www.thecouplebinders.com

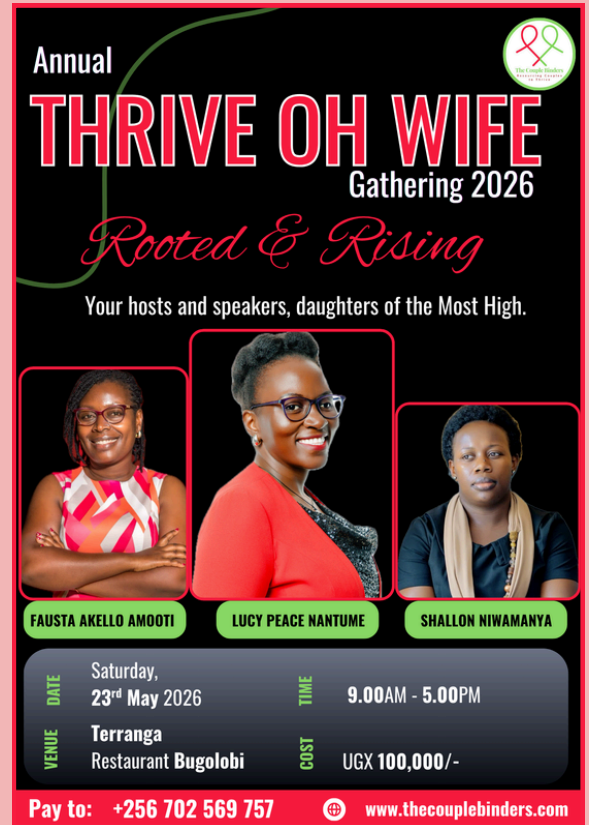




Thrive Oh Wife 19

Since June 2025, we've hosted 14 Thrive Oh Wife 19 monthly sessions – a mix of online and in-person sessions – where women, married and unmarried dive deep into their lives as women. They talk about all the issues that affect them as women, including careers, marriage, family, children and find answers to their questions. These women have found a safe space and community to heal, grow and thrive together.

This year in May 2026, we have had our 1st annual Thrive Oh Wife Gathering named “Rooted and Rising”. This annual event will happen every year in April.



Annual
THRIVE OH WIFE
Gathering 2026
Rooted & Rising
Your hosts and speakers, daughters of the Most High.

FAUSTA AKELLO AMOOTI **LUCY PEACE NANTUME** **SHALLON NIWAMANYA**

DATE	Saturday, 23 rd May 2026	TIME	9.00AM - 5.00PM
VENUE	Terranga Restaurant Bugolobi	COST	UGX 100,000/-


Pay to: +256 702 569 757 www.thecouplebinders.com



Photos from the 1st Thrive Oh Wife Annual Gathering held on May 23rd 2026



Photos from the 1st Thrive Oh Wife Annual Gathering held on May 23rd 2026



You were created to thrive,
not just survive

More Than a Wife

Starting 2nd oct

Contact
+256 782055166
For more details

#MoreThanAWife #ThriveOhWife19

www.thecouplebinders.com



1st Cohort of More Than a Wife - Oct 2026 gathering after completing their 8-week programme




More Than a Wife
 Uncover your purpose, potential and true identity – in marriage and beyond
 #MoreThanAWife #ThriveOhWife19
 Starting on 5th Feb 2026
 Registration Open

WhatsApp  +256 702 569757 For more details
www.thecouplebinders.com




MONTHLY COUPLE BONDING CONVERSATION

HIS ROLE, HER ROLE... OUR ROLE?

A Conversation on Gender Roles in Marriage



The Couple Binders

Online via **zoom**

Friday, 26th Sept, 2025
 7 pm - 9 pm
UGX 20k



Jackie Kigonya
 Guest Speaker

Contact details  +256 782055166  +256 702569757  www.thecouplebinders.com

2nd Cohort of More Than a Wife - Feb 2026 gathering after completing their 8-week programme

16 Blog Posts Shared with Love

From practical relationship tips to real-life inspiration, we've published 16 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



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

- Guest Speakers at the Young Professional Mentorship Program (YPMP) graduation, hosted by the Igoe Young Professional Mentorship Institute (IYPMI)
- 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 & SUCCEED"

SESSION SEVEN:
RELATIONSHIPS AND CAREER

9th May 2026 06.00 - 08.00 PM



MD. AGNES IGOYE
 CHIEF MENTOR AND PATRON
Host



RONALD KAZIBWE & LUCY PEACE NANTUME
 THE COUPLE BINDERS
Guest Speakers



AMODING MARTHA
 YPMP MENTEE
Moderator

VIA ZOOM Social Media platforms More Info
www.ypmi.com

Guest Speakers at Young Professional Mentorship Program (YPMP) event

Holy Family Community
Queens' Day
 MARCH 8TH



THEME: Thrive Oh Woman!
 Facilitator: Lucy Peace

Fee: 40,000/-
 Dress Code: Floral Touch Venue: Cabbana Villa, Nsambva




GARDEN OF GOD MARRIEDS
 HOSTING
 The Couple Binders

TOPIC

- From ME to WE, Nurturing oneness in marriage

DATE : 30/11/2025
TIME : 4:00PM
VENUE : GOG HOME

Guest Speakers at the Garden of God marrieds.

HAPPY VALENTINE'S DAY

The Couple Binders Present
A Valentine's Day Special



Sat, 14th Feb
 6 PM EAT

Live on **TikTok**
 @thecouplebinders

www.thecouplebinders.com +256 702 569 757

A Couple Binders Valentine's Day Special show Live on TikTok.



Lucy as a guest speaker at a Bridal Shower



Guest Speakers at the Young Professional Mentorship Program (YPMP) graduation, hosted by the Igoye Young Professional

HE/SHE

THE GREAT MORNING

Hosts



JOHN



RONNIE & LUCY

Q

The Couple Binders

Every first Monday of the month 7:10am - 7:40am

www.radioonefm90.com @radiooneFM90 0703 090 090

The Couple Binders

are Guest Speakers on

Radio One FM 90.0 - He/She Show

Every first Monday of the month 7.05am - 7.30am



Lucy Peace Nantume



Ronald Kazibwe

Tune in on  to listen in on relationship matters

Contact details 0782055166 0702569757 www.thecouplebinders.com

Monthly Guests at the Radio One He/She Show

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 (as of 26th May 2026):

- **YouTube:** 26,023 total views | 482 subscribers (as of 26th May 2026)
- [TikTok: 2049 followers][Instagram: 138 followers] | [Facebook: 66 followers] | [LinkedIn: 106 followers]
- **Website Reviews:** Couples continue to leave heartfelt reviews on our website, sharing how our content and community have impacted their lives.

Other Key Highlights

- **New Vision Newspaper Feature:** On May 17th 2026 Lucy Peace featured in an article in the New Vision.



- **Daily Monitor Newspaper Feature:** On July 17th 2025 Lucy Peace & Ronald were featured in an article in the Daily Monitor.

Testimonials

To our couple binders 📖💕

Thank you so much 🙏🙏
We were blessed by your presence. Thanks for sharing the knowledge.
It was beautiful and we had alot to learn.
You are doing a great Job 🙌
May the holy family of Nazareth together with the holy spirit bless, accompany and help you through.

Bambi so touching. Glory to God. We are also so so proud of you and Ronnie. Its a choice to go against a current that the rest of the world doesn't believe 00:02

Wow wow that was so super. Super My women's guild ladies joined and they are really uplifted. 20:46

My siblings too and my spiritual children, hearing it from others is great. 20:46

My sis from USA joined but said dropped off. Kindly share notes and recordings if possible 🙏🙏 20:48

This was a beautiful prayer. Today, during service, I got a revelation on having a personal relationship with God. I was reflecting on what you shared yesterday that I am God's beloved daughter and that he's my loving father. I then was like, if God loves me that much, then he's interested in my wellbeing, my peace, my success, and everything. That gave me a desire to commune with him more. I was like, he should be the first person I talk to about any challenge or even achievement. I imagined my brother V. whom I talk to about everything when he doesn't even have solutions sometimes. I then told myself that for everything in my life, I should talk to God first. He cares, and he's got me. He's interested in me and loves me immensely. From that moment, I have been longing to be in prayer. I am now listening to gospel music, and after this text, I will take off some time to talk to God. Thank you so much for sowing a spiritual seed in me, Lucy. Your words were simple, but they hit home. 19:43

It's extremely rare that something forces a media house to change their programming. No matter how juicy the conversation is. That's why you often see guests being cut off, as the show moves to the next programme. The simple reason is that programmes take meticulous planning and, often, appointments with the listeners. Now, what happened today was nothing short of extraordinary. In short, you forced the radio to change its programming, so they could continue accommodating your wealth of wisdom. Today, you simply made history. Neither John and Q, nor the listeners comprehended the brilliance that struck them. 🙏

Also, thank you so much for today's session. It was captivating and educative. I loved the simplicity with which you shared.

I wanted to say something during the session, but I realized many people wanted to share, and the time was limited.

As a person living with chronic illnesses (HIV and a mental illness), I have taken great care of my body and soul. I eat well, work out, affirm myself and really high on self love. I do struggle with spirit but taking baby steps to improve. Thank you for sharing your experience on the same and the steps you took to improve. Like you, I am attracted to cooperate prayer and struggle with personal communing with God. What you shared really works, so I am going to become intentional.

Thank you again for sharing. I appreciate your time, wisdom, and insights. May God bless you.

Wawoo , what a great and inspiring show this morning, indeed Phones can make or break relationships if not well managed. Thanks couple binders . 08:22

Hello Mum, I wanted to say thank you so much for this powerful session. It set me thinking and have already taken this topic to prayer and want daily to ask God to help me fulfill my purpose for the day and for life 🙏

08:01

You
☑ Thrive Oh Wife 19 is just hours away 🐘🐘



This was a very wonderful session LP. The reflections and guided steps gave me a lot of clarity and inspiration to discern my purpose. Walked away with new insights. God willing, meet you on Friday, September 19th 🙏

20:50

Being open with each other (No secrets).

Prioritising my partner and building a physical connection(bonding) instead of being on the phone i.e Dinner, Outtings.

Setting time for each other waking up in the morning to greet my partner and also going to bed by putting the phones aside.

Always remember being one in everything

11:26

Great apostolate Lucy and your hubby. Thanks to God who gave you such a gift. I have a neighbour who follows you everywhere.

15:09

Hello Lucy hope your okay am sorry I didn't get back to you I got distracted but we loved every bit of the retreat we are grateful.. hopefully we shall join next year too

03:09

Testimonials

Kindly share your take away or what inspired u
...I'll be grateful 08:54 ✓

1. Importance of regulating time spent on social media and prioritize time spent with spouse.
 2. Being transparent and accountable with phone usage
 3. Raise issues of concern with our spouse
 4. There are usually underlying mistrust issues that manifest through phone secrecy and these have to be addressed
- 09:25

Hi Lucy,
Thanks for reaching out to me. I hope you and the family are doing great! The couple's getaway is always a great experience for us, and this one was no exception. Big thanks to the Couple Binders, to you and Ronald, for such a great initiative. The impact you are making in our family and in many other families is immeasurable. I pray that the good Lord may continue to bless this ministry and I pray that all families may get to experience the blessings that come with this wonderful ministry. I will provide my feedback asap. #Long Live The Couple Binders#

By the way please pass on the particular comment below to Ronald. Initially when we had just started, it looked to me that we were going to spend a lot of time on introductions and I expressed my concern to him then.

However unknown to me it created a good foundation for the discussion we held in the afternoon in our groups (at least on the Men's side) that we were more open and free with each other after the introductions.

So thank you and Kudos to Ronald to have diplomatically ignored my concern, it was very beneficial 👍👍



09:50

You • Status
We're back on air!
The Couple Binders return for the second monthly guest appearance...
I listened in this morning. It was an interesting conversation. 08:45

Hi Molly. Thanks dear. What did u pick? 08:53 ✓

What spoke to u? 08:53 ✓

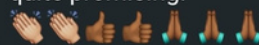
For me it was working towards oneness in all that we do. We are doing quite well in regards to the phones and trust but sometimes oneness is not something I have been very intentional about 09:10

Hi Lucy, the gateway was a very good experience and will be looking forward for more of the same in the future 13:56

Thanks Lucy..Its always exciting to be with you guys. We never leave the same. 22:41

Hey Lucy
It was such a joyous experience for me and am looking forward for the next getaway 19:5

Let me also use this opportunity to express our appreciation for the outreach that we had. It created a notable impact on our relationship. Following from the interaction with the different couples, the split discussions and resultant presentations plus the Mass and the word that was shared by the Rev Father - the outlook and direction is quite promising.



09:45

Good morning sweetheart
We are indeed blessed to be part of this and we cannot thank you enough in fact we are indebted. Thank you the couple binders and be blessed always 🙏

09:47

You're welcome darling 💕💕 and thank you too. I gain back all hopes I had lost.....am changed....ever since I joined your platform. I have nothing much to give you now. But may God bless you with more wisdom knowledge and understanding 🙏 ... you are heavenly sent mama Lucy 🥰🥰

21:08

And I have my friends that like to join our group 🤓🤓 21:12

Thank you too for giving us an opportunity to join you guys. It came at the time we needed it most. We surely enjoyed each and every moment. We hope not to miss any other getaway in future. Thank for organizing 🙏 17:36

This retreat should happen again again... Like two times a year 😊



08:49

Thank you so much Lucy! We were truly blessed to and inspired during the couple's getaway. We will complete feedback form. 09:00

May the Lord continue to bless your ministry 09:00

hello woman of God 15:53

you make marriage admirable and am confident if great women like you can do it, us do can balance this life of work, marriage, parenthood etc with God by our side 15:55

What's Next?

The road ahead is full of promise — and we're just getting started! We have exciting 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 ❤️

How You Can Stay Involved:

- **Visit our website** to explore upcoming events, programs, and fresh blog content:
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.



Contact us on:

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