



WATCHFULWOMEN

AGLOW

**Developing
the Total Woman**

Empowering, Equipping &
Transforming Lives Worldwide

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HOW I SURVIVED A BAD MARRIAGE

I am the first child in my family. My late father was a pastor and the founder of a church, while my mother was a lady evangelist. Therefore, I can confidently say that I am a church girl. I graduated from a school of health in Ogun State and began working as a lecturer in the same year I completed my studies. However, despite being careful, I found myself in a marriage I would never wish on my worst enemy. Two years after I became a lecturer, I decided to relocate from one student environment to another, which also led me to change my church due to the distance.

In my new church, I fell into the hands of a dangerous man—a supposed Man of God and a widower, who was also the owner of the church.

As a vibrant church girl, I believed he saw potential in me.

I am a sickle cell warrior and have often experienced crises in the past. Being a member of a white garment church, he convinced me that a miracle could change my genetic makeup. I practically lived at the church, driven by the belief that being on the church premises would lead to my healing (my naïve self).

One fateful night, the so-called Man of God raped me and threatened me into silence. The only way I could express my reaction was by withdrawing from the church. A few months later, I discovered that I was pregnant and reached out to my parents. I explained the situation to them, and they traveled to see me.

However, I still don't understand why I protected him from facing the law. To make matters worse, I ended up marrying the man. After giving birth to my twin girls, I began asking questions. Many people may not believe in demonic control, referred to as "juju" in Africa, but this is my story. I think that this man controlled me with evil powers.



Elizabeth Amoo

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SEX AND MARRIAGE

People often shy away from this topic, but honestly, what is marriage without the joy and pleasure of sex? How do we reproduce if not for the sheer delight it brings? Sex education is a vital aspect of understanding relationships, particularly in marriage. As society evolves, so do perceptions and expectations surrounding intimacy, making it essential for individuals to be well-informed about sexual matters. Sex is a beautiful thing; it's a source of joy and pleasure, a gift designed for married couples to cherish and enjoy.



This write-up aims to help create healthy relationships, promote mutual satisfaction, and enhance overall marital happiness, as many homes lack this understanding. Many women become disinterested in sex simply because they aren't experiencing it the right way with their spouses.

UNDERSTANDING THE BASICS OF SEX IN MARRIAGE

Understanding the fundamental aspects of sex in marriage can lead to a more satisfying and fulfilling relationship. Couples must build their sexual relationship on a foundation of emotional connection, communication, mutual respect, and ongoing exploration. By prioritizing these aspects, you can cultivate a vibrant and satisfying sexual dynamic that enhances your overall partnership. Embracing the journey together, with openness and curiosity, can lead to lifelong intimacy and connection.

THE ROLE OF COMMUNICATION

One of the most important aspects of sexual intimacy in marriage is communication. Couples should feel comfortable discussing their sexual needs, preferences, and boundaries. They should not keep quiet or feel ashamed to discuss them. Open dialogue fosters trust and intimacy, enabling partners to navigate any challenges they may encounter.

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FROM CANCER TO FREEDOM: HOW I OVERCAME MY CANCER DIAGNOSIS

My journey involves being diagnosed with cancer and ultimately finding freedom from it. I started feeling tired all the time, and no matter what I tried, I could not shake those feelings. I began to lose weight and had little interest in eating. So, I told my husband, "Honey, I need to make a doctor's appointment," and he agreed with me.

Before I could make the appointment, I received a call from my United Healthcare nurse to schedule a home health visit. During that visit, the nurse said to me, "Ms. Betty, it's time for your second colonoscopy." I responded by letting her know that I had never had a first colonoscopy. As a result, the nurse scheduled the procedure, and the process moved forward from there.

I had the procedure done, and when the test results came back, it was rectal cancer. My Doctor referred me to Dr. Stevenson, the radiation oncologist, and then to Dr. Henderson, the medical oncologist. I was diagnosed on July 9th, 2022, and started treatment on August 1st, 2022. That started the process for radiation and chemotherapy. I had to have a port put into my chest to receive fluids occasionally when I got dehydrated.

I underwent radiation five days a week, with a chemo bag for a week. Then the nurse took it off for about three weeks.

The process was long and hard, but I trusted God. I put my life entirely in His hands; God told me that this was not unto death. So I began my journey, trusting God with my whole heart and leaning not on my understanding but believing in what God spoke to me.



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