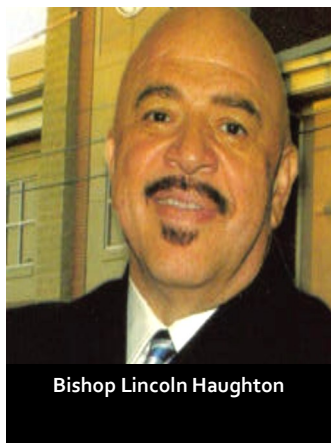


# Citadel News Quarterly

*The Cleveland Church of Christ is Celebrating our 101st year of "Still Standing on the Great and Precious Promises of God."*



Bishop Lincoln Haughton

Bishop Lincoln C. Haughton, III, Senior Pastor and Chief Executive Officer  
Deacon James R. Haughton, Jr., Chief Operating Officer and Pastor of Music and Fine Arts

Words from the Bishop: ***Precious Hearts Be Encouraged!***

## SCRIPTURE FOR THE QUARTER

*Trust in the Lord with all  
thine heart; and lean  
not unto thine own un-  
derstanding. In all thy  
ways acknowledge Him,  
and He shall direct thy  
paths.*

*Proverbs 3:5-6*

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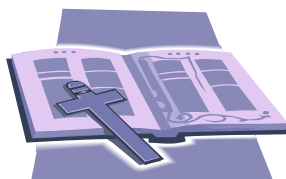
When you find yourself discouraged because of what you see going on around you, when others seem to keep doing wrong and still seem to be getting ahead, be encouraged. God knows how you feel and has given us His Word to remind us, "Do not be worried or anxious because of evil doers. Pray to the Lord to relieve your anxieties. Neither be envious of workers of iniquity, for they shall soon be cut down like the grass and wither as the green herb.

Trust in the Lord and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Let your walk, talk, and testimonies reflect your trust in the Lord. Just keep on delighting yourself in the Lord and He will give you the desires of your heart (Psalm 37:1-4).

Let your light shine! Keep fasting! Keep praying! Be the best example you can be! We should be seen doing and heard speaking only those things which edify and encourage others. Be careful to do what is right and not let evil or revenge be a part of your actions. Leave room for God's wrath (Romans 14:16-19). God will handle it all. Trust in Him.

It is God's desire that we stay on one accord with one another and live peaceably with one another. Hang in there! Keep doing good and living right!

Keep trusting in God! Let Him boost your confidence! As a believer, God has started a good work in you and He is able to perform it until the day of Jesus Christ (Philippians 1:6).



## CLEVELAND CHURCH OF CHRIST FEDERAL CREDIT UNION NEWS

### **An Overview and Personal Reflection by Sister Sharon F. Rose**

As our church celebrated its 100th anniversary in 2024, we continue to honor milestones in 2025. On October 6, 2025, we will celebrate the 50th anniversary of the Cleveland Church of Christ Federal Credit Union—a testament to faith, vision, and community service.

The relationship between churches and credit unions has long been one of mutual support and shared purpose. Both have served as vital anchors in their communities—churches offering spiritual guidance and support, and credit unions providing financial services to those often overlooked by traditional institutions. What began as a grassroots effort to serve underserved populations has grown into a movement that includes savings, loans, and financial education—often rooted in faith-based environments. Churches have historically played a key role in promoting financial literacy and cooperative economics, making their partnership with credit unions both natural and impactful.

Our beloved late Pastor, Bishop James R. Haughton, Sr., possessed extraordinary vision and leadership. He recognized the need for our church family to have access to safe, reliable financial services. Thanks to his foresight, the Cleveland Church of Christ Federal Credit Union was established. Over the past 50 years, we have seen his vision come to life. Today, the credit union proudly serves nearly 400 members and manages more than \$400,000 in assets. It stands among a small but powerful group of faith-based credit unions in the United States—many of which are minority-designated or certified as Community Development Financial Institutions—continuing the mission of financial empowerment through faith and service.

### **My Journey as a Volunteer**

I began volunteering at the Cleveland Church of Christ Federal Credit Union in 2004 as a teller, bringing with me a 35-year background in banking. My journey started thanks to Sister Connie Pyles, a colleague from the Urban League, where we worked together on the HomeToday financial literacy program—a program designed to teach individuals how to become successful homeowners.

Connie told me, *“Our church’s credit union needs volunteers. Let’s volunteer and work together!”* I agreed. I’m happy to report Sister Connie Pyles is now on the CCC Supervisory Audit Committee.

Over the past 21 years, I’ve continued to serve faithfully. In addition to teller duties, I’ve taken on the role of reconciling monthly bank statements, overseeing our Community Reinvestment Act (CRA) education training, and administering the annual CRA test.

Though I’ve retired from my professional career, I truly enjoy the opportunity to help at the credit union. I’m constantly learning new things—especially how credit union operations differ from traditional banking. Our volunteers are like family, united by our shared faith and commitment to service.

*“We have a bond of having Christ in our lives to guide us. I pray that our Lord will always provide us clarity and direction to make the credit union available to help the members and families of the Church. I am grateful and thankful to be a part of this wonderful organization.”*

## SUNDAY SCHOOL NEWS

**Sunday School** classes are held online. All classes start at 9:00 a.m. and are on Zoom or by conference call. That means if you don't have a tablet or computer, or the mobile program needed to join, you may use your landline to join by audio only. If you are interested in a Sunday School class and need more information; please call the **Administrative Office at (216) 761-4500**. Leave your name, telephone number, and email address. You may also make the request via email at [clecitadel@gmail.com](mailto:clecitadel@gmail.com). You will be contacted with information on how to join a Sunday School class, whether it is for a youth or an adult.

The remaining Sunday School lessons for the Fall Quarter Adult Bible classes are shown below. You can read the passages ahead of time and participate as you wish. You may listen, contribute, or do both. Come and join other class members as they get into the Word. Then join the Congregation at the Cleveland Church of Christ Citadel of Hope Ministries for Sunday morning worship which begins at 11:00 a.m. Those services are in person and live streamed.

### UNIT 2: God Is All-Knowing

October 12.....	God Sees Our Hearts.....	Acts 4:32-5:11
October 19.....	God Sees Nathanael.....	John 1:43-51
October 26.....	God Sees the Samaritan Woman.....	John 4:5-19, 28-29

### UNIT 3: God Is All-Powerful

November 2.....	Power to Impart Wisdom.....	1 Corinthians 2:6-16
November 9.....	Parting the Red Sea.....	Exodus 14:10-22
November 16.....	Jesus Calms a Storm.....	Mark 4:35-41
November 23.....	Jesus Casts Out Legion.....	Mark 5:1-20
November 30.....	Who Is like God?.....	Isaiah 40:12-17

### Brotherhood and Sisterhood are still alive!

On the third Saturday of each month at 10 a.m. the Bishop meets with the men of the Citadel on Zoom. Likewise, on the fourth Saturday of each month at 10 a.m., the Bishop meets with the women of the Citadel. This meeting is also held on Zoom. These meetings have taken the place of the Brotherhood and Sisterhood Fellowship gatherings once held at the Citadel before COVID-19. If you need more information about these meetings, call the Administrative Office.

## OCTOBER NEWS

### REGISTER TODAY!

Cleveland Walk to End Alzheimer's®

Saturday, October 18, 2025

Cleveland Metroparks Zoo

<http://act.alz.org/Cleveland>

7:30 a.m.—10 a.m.

Donate or Join us and help #ENDALZ.

### Our Yearly Reminder

Once again it is Respiratory Season! Influenza (Flu) and Pneumonia are upon us, so let's get vaccinated. Add to those, a COVID booster. Contact your physician or local healthcare provider to obtain these routine vaccinations. In addition shots for Shingles (50+), and Respiratory Syncytial Virus (RSV) may also be warranted. RSV can be dangerous for adults over 60.

### HEALTHY LUNGS FOR EVERYONE

*For more information visit [cancer.org](http://cancer.org) or the American Cancer Society at 1-800-227-2345.*

Lung cancer, asthma, bronchitis, COPD, emphysema, pneumonia, flu, and many other lung problems can affect anyone. Here are some of the best ways to keep your lungs healthy.

- ◆ Stay away from tobacco. If you do smoke, make a plan to quit. If you are older and smoked in the past check with your doctor to see if you need to be screened for lung cancer.
- ◆ Avoid secondhand smoke. Don't allow people to smoke in your home or car.
- ◆ Test your home for radon. It can be found in a variety of things in the home. It can be the number 1 cause of lung cancer in people who have never smoked.
- ◆ Protect yourself at work. Rid your work area of mold and pests. Ask your employee health team what they are doing to protect employees, such as going fragrance-free and wearing protective gear when warranted.
- ◆ Protect yourself outside. Avoid going outside or doing intense outdoor activities when the air quality is bad. Don't burn trash, leaves, plastic, or rubber.
- ◆ Improve indoor air quality. Keep indoor areas clean and well ventilated. Use air filters. Don't use aerosol sprays. If you burn wood in a fireplace, use dry seasoned wood.
- ◆ Prevent infections. Get your vaccines. Stay home if you are sick. Wear a mask if you go out.
- ◆ Get active and eat healthy. Stay active and practice deep breathing to give your lungs a workout. Eat healthy whole grains, fruits, and vegetables.

### Remember these Days:

- 6 Child Health Day
- 10 World Mental Health Day
- 10 World Homeless Day
- 13 World Thrombosis Day
- 15 Medicare Open Enrollment Begins
- 15 Global Handwashing Day
- 20 World Osteoporosis Day
- 22 International Stuttering Day
- 29 World Stroke Day

### Weeks to Remember:

- 5-11 Mental Illness Awareness
- 19-25 International Infection Prevention
- 19-25 National Respiratory Care
- 23-31 National Ribbon Campaign to Keep Kids off Drugs

### Monthly Reminders:

- Healthy Lung Awareness
- National Substance Abuse Prevention
- Cyber Security Awareness

### American Cancer Society

Making Strides Against Breast Cancer in Northeast Ohio

Join Us in the fight against breast cancer on **October 25, 2025.**

**8 a.m., Walk starts at 9:30 a.m.**

### Wade Oval Park

10820 East Boulevard, Cleveland

[Makingstrideswalk.org/northeastohio](http://Makingstrideswalk.org/northeastohio)

## NOVEMBER NEWS

### **PREDIABETES:** What is it and What can I do?—[www.diabetes.org](http://www.diabetes.org),

If you have prediabetes, your blood glucose levels are higher than normal, but not high enough to be called diabetes. This condition puts you at a higher risk for developing Type 2 diabetes. There are no clear symptoms with prediabetes, so you may have it and not know it.

Most people with prediabetes can manage it with diet and exercise. However, your health care provider may also prescribe oral medications to help you keep your blood glucose levels within the normal range. To manage prediabetes: 1) be physically active, 2) make smart food choices, 3) lose a few pounds if you are overweight, and 4) if prescribed medication, take it.

Once you have prediabetes, you may be able to take steps to return your blood glucose to a normal range, however; you are still at risk for developing Type 2 diabetes. You should be physically active, perhaps by walking half an hour most days. Being more active can help lower your weight, blood glucose, blood pressure, and improve your cholesterol levels. Eating fewer calories and cutting down on saturated fat can help in managing smart food choices. Further, staying at a healthy weight is one of the most important things you can do to help prevent or delay Type 2 diabetes. The good news is that you can lose weight and keep it off, even if you've never done it before.

### **Daylight Saving Time Ends on November 2, 2025.**



Set your clocks back one hour at 2 a.m. Check and possibly change the batteries in your smoke alarm/detector. If you have a carbon monoxide detector, check it as well!

### **Remember these Days:**

- 11 Veteran's Day
- 12 World Pneumonia Day
- 13 World COPD Day
- 13 World Kindness Day
- 14 World Diabetes Day
- 27 THANKSGIVING** Day
- 29 National Family Health History Day

### **SAVE THE DATES**

#### **FREE CLINIC**

Two-Day Dental + Medical Clinic

Friday, November 21, 2025

Saturday, November 22, 2025

Doors open at 7 a.m. *(walk ins only)*

Huntington Convention Center

300 Lakeside Avenue E

Cleveland, Ohio 44115

The services include dental screenings, cleanings, extractions, fillings, and temporary partials for adults and sealants for children.

MedWish Medworks Navigators will be on site at each clinic. Questions?

Visit

[navteam@medwish.org](mailto:navteam@medwish.org), or call  
(216) 692-1685 ext. 205



### **You have the Right to Vote! Your Vote Counts!**

The next general election in Ohio will occur for municipal and local offices on Tuesday, November 4, 2025. The registration deadline to vote in this election is Monday, October 6, 2025.

### **ANNUAL HARVEST MONTH**

November kicks off our Harvest Season. The hope is that you have been saving for this event in the Cleveland Church of Christ Federal Credit Union. While the goal is for each member to donate \$1,000 or more above their tithe and offering for Harvest Month, ALL members should participate by giving *the very best they can toward this critically needed effort.*

## DECEMBER NEWS

### Remember these Days:

- 1 World Aids Day
- 2 International Abolition of Slavery Day
- 3 International Person's with Diabetes Day
- 5 International Volunteer Day
- 7 Medicare Open Enrollment Ends
- 10 Human Rights Day
- 21 National Homeless Person's Memorial Day
- 24 Christmas Eve
- 25 CHRISTMAS DAY** (*Celebrate the Lord!*)
- 28 Good Riddance Day
- 31 NEW YEAR'S EVE**



Merry  
Christmas

### Remembering for this Month:

- National Ulcerative Colitis Awareness
- International Aids Awareness
- Coping with the Holiday and Holiday Safety Hazards
- Season of Giving and Healthy Holiday
- Safe Toys, Celebration, and Gifts
- Dry Skin Season
- Give the Gift of Sight
- National Crohn's Disease Awareness
- Universal Human Rights
- Family Play
- Winter Driving Safety and Travel
- Worldwide Food Service Safety

## ULCERATIVE COLITIS

Ulcerative colitis is an inflammatory bowel disease (IBD) that causes long-lasting inflammation and ulcers (sores) in your digestive tract. Ulcerative colitis affects the innermost lining of your large intestine (colon) and rectum. Symptoms usually develop over time, rather than suddenly. It can be debilitating and can sometimes lead to life-threatening complications. While IBD has no known cure, treatment can greatly reduce signs and symptoms of the disease and even bring about long-term remission.

Ulcerative colitis symptoms can vary, depending on the severity of inflammation and where it occurs. Signs and symptoms may include diarrhea, abdominal and/or rectal pain, rectal bleeding, the urgency/inability to defecate, weight loss, fatigue, and fever. A doctor can diagnose the specific type of ulcerative colitis depending on symptoms you may have. There are five types and each has a level of severity.

The exact cause of ulcerative colitis remains unknown. Previously, diet and stress were suspected, but now doctors know that these factors may aggravate but not actually cause the disease. One possible cause

is an immune system malfunction. Another may be heredity. Risk factors may include age, race/ethnicity, and/or family history.

A doctor will likely diagnose ulcerative colitis after ruling out other possible causes for your signs and symptoms. Any of the following tests and procedures (blood tests, stool sample, colonoscopy, flexible sigmoidoscopy, x-ray, CT scan or Computerized tomography enterography and magnetic resonance enterography) can help confirm a diagnosis.

Treatment usually involves either drug therapy or surgery. Several drugs are available and may be administered depending on the severity of your condition. The drugs that work well for some people may not work for others. In addition, because some drugs have serious side effects, you will need to weigh the benefits and risks of any treatment. There are over the counter medications that should be discussed with your doctor. Surgery can often eliminate ulcerative colitis. But that usually means removing your entire colon and rectum. The surgery can be overwhelming with dire effects. You might also

need more frequent screening for colon cancer.

Your lifestyle and home remedies may help with lingering feelings of helplessness when facing ulcerative colitis. Keep track of your food intake, limit fiber and dairy products, eat small meals and drink plenty of liquids to help with management of the disease. Try to control your stress levels as well.

*Information was taken from materials supplied by the Mayo Clinic. One source was MayoClinic.org.*

**Sunday, December 21....11 a.m.**  
**Christmas Service**  
**Attire is Red & Black**

**Sunday, December 28...11 a.m.**  
**End of Year Celebratory Service**  
**Attire is Black & White**



CHURCH NEWS

**Community Meals** are still being held on the third Saturday of each month. This is when the Cleveland Church of Christ Citadel of Hope Ministries opens our doors and serves the community. Donations, contributions, and volunteer participants are welcomed as we minister to those in need.

Use the form below to update your church membership if you have not done so within the last year or so. Please fill it out and return it to the Administrative Office. Thank you. If you need another form for a family member or friend, you may obtain it in the Administrative Office as well.

Membership Update

Please PRINT all information clearly!

Name:

(FIRST NAME)

(M.I.)

(LAST NAME)

Date of Birth:

(MONTH)

(DAY)

(YEAR)

Address:

(NUMBER)

(STREET)

(CITY)

(STATE)

(ZIP CODE)

Telephone Number(s):

(HOME)

(ALTERNATE)

Emergency Contact Name:

Relationship:

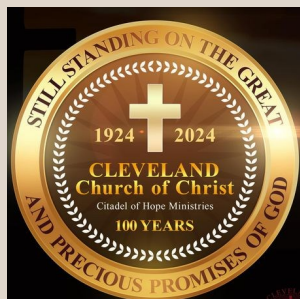
Telephone Number:

Year Joined (Approximate)

**Cleveland Church of Christ  
Citadel of Hope Ministries  
1035 East 105<sup>th</sup> Street  
Cleveland, OH 44108  
(216) 373-2151**

**Bishop Lincoln C. Haughton, III  
Senior Pastor**

**Visit us ON THE WEB at  
[www.clevelandchurch.org](http://www.clevelandchurch.org)**



Do you have an article, news item, or advertisement you would like published in the *Citadel News Quarterly*?

For the next edition, please submit any newsletter proposals to the Administrative Office on or before Friday, December 12, 2025.

All proposals and/or submissions to the *Citadel News Quarterly* are subject to administrative approval and/or editing and may not necessarily be printed.

If you have any questions or concerns regarding this publication, please contact us at (216) 373-2151.

*The next publication will be available on  
January 4, 2026.*

**Do you want to see what the  
Newsletter looks like in color? Go  
online at  
[www.clevelandchurch.org](http://www.clevelandchurch.org) and  
click on Citadel Newsletter.**

## **WORDS OF HOPE BOOKSTORE**

The Words of Hope Bookstore is open!

Stop by after service.

A wide variety of items of interest  
may be available.

If not, they can be ordered.

What items are available, you ask.

Commemorative items such as mugs, t-shirts, sweatshirts, pins, and tumblers. CD's from past services. Bibles, books, bookmarks, etc. Again, stop by and check out the inventory.

## **OUR CORPORATE FASTS**

The Corporate Fast lasts from midnight on the first Friday of each month until noon on the first Saturday. Plan to participate with your church family. We are fasting for souls to have a closer walk with the Lord. Those who fast and pray can expect a miracle. Corporate Fasting dates are given below:

November 7-8, 2025

December 5-6, 2025

January 2-3, 2026

***THANKS TO ALL WHO CONTRIBUTED TO THIS NEWSLETTER.***