The 78th division of the Psalms is the 2nd longest psalm in the entire Bible. The 91st is the longest. Psalm 78 is a book of wisdom that shows very clearly the goodness and kindness of God. Sadly, people whom God has blessed can still become stubborn and forgetful. The children of Israel found themselves complaining to God that He brought them out into the wilderness to die. They complained of having no food or water...even AFTER God had delivered them from 400 years of bondage in Egypt and had provided them, clothing, wealth, and divine food (manna) from heaven and water from a rock.

Almighty God NEVER changes. As He is the Good Shepherd for all those who trust in Him, His divine purpose is always operating in our lives. He is always providing and making a way for us. His love for us never fails...for God is love...and God never fails. The Lord Jesus Christ completed His perfect work of shedding His blood on the cross for the atonement of the sins of mankind. All who call on the name of the Lord shall be saved.

Because of the miracle that Christ performed in us...becoming a NEW creature in Christ...the old man has passed away. With unspeakable joy, each day God awakens us, we rise with joy in our hearts. With the indwelling power of the Holy Ghost, we recognize a new load of blessings and a new opportunity to love and trust in God daily.

Although our born-again spirit remembers God’s mercy and His grace, our flesh is always tempted with doubt, rebellion, and unbelief. While our spirit understands that all praise and glory belong to God, flesh always craves being praised, built up and reinforced with reasons that support “How great I am!”

It is easy to praise God when “things are up” and bills are paid, relationships going smoothly, job is fine, etc. However, God is calling for believers to remain faithful in our praise, faithful in prayer, faithful in studying the Word of God, faithful in our giving and faithful in our living...EVEN through difficult times. After repeated “no” answers for the house or car loan, for the job application, when finances do not look to be enough to make “ends meet,” it is even MORE important to keep praising and trusting in God.

No matter what trials are coming our way...if we are breathing...our testimony can still be, “I’m good!” For the Word of God says, “All who are among the living have hope!” (Ecclesiastes 9:4) With the power of the Holy Ghost on the inside, pain does not shock us. Even when we pass away, life goes on. We understand that the physical body which only temporarily houses our spirit is decaying and will pass away. Each of us have a divinely appointed time with death unless the Lord Jesus Christ returns before the day of our death.

No matter what the diagnosis from the doctor may say, we understand that doctors treat and God heals. Before taking our medication and before going into surgery,
Words from the Bishop continued:

(Continued from page 1)

we are still constant in prayer for the Lord to move supernaturally through the wisdom and knowledge He has given to man to perform surgeries and to prescribe medicines.

The indwelling power of the Holy Ghost reminds you not to be concerned about what people think of you...but rather what does God think? Resolve to remain “your authentic self.” Be the person that God wants you to be.

When we are too occupied with self, we will always find ourselves disappointed. When we are too occupied with others, we will always find ourselves discouraged. When we resolve to be occupied with Christ, we will be delighted with unspeakable joy and peace that passes all understanding. Our peace is determined by what is IN us...rather than what is around us.

Rather than being seen as “Miss It” or “Mr. Cool” our goal should be to find more time to study the Word more, pray more, and have more faith in God. For without faith, it is impossible to please God. (Hebrews 11:6) His name IS Wonderful, Counselor, Mighty God, Everlasting Father, the Prince of Peace! Our God IS the King of kings!

No matter how much difficulty comes your way, no matter how dark the day, resolve to keep trusting in God. This is NOT the time to start doubting God.

Do not miss out on the HARVEST of your tears.

After you have suffered awhile, God will establish, strengthen, and settle you. In His presence is fullness of joy! (Psalm 16:11)

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Scam Alert!!!

You are being urged to watch out for scams. They can come on the phone, they can come through text messages, or they can come through emails. They come with all kinds of offers that can look or sound legitimate. You should get suspicious when someone contacts you and tries to get either credit card information or your social security number. Don’t give it to them! Hang up or log off of the website and try to call the number back. Usually there will not be a legal business on the other end.

There are several types of scams. Some of the more recent ones, related to your debit/credit card can include the following. They are the money mule scam, the impersonation scam, the online purchase scam, and business email compromise. You can fight these scams with a little knowledge about the tactics used for each of them.

With the money mule scam, you are asked to accept money from an unknown source or for someone whom you do not know. When you attempt to return the money to them, you find that the original check never cleared and you are left with a loss.

If someone calls, supposedly, from your bank or credit card company with a request for personal information; hang up. You should then call them back with a reputable number you have from the bank or the number found on the back of your debit/credit card.

When responding to ads on social media marketplaces, research sellers and products independently and compare prices with other websites to ensure legitimacy. Do not transfer money or pay in advance. Once you pay, you won’t be able to get in touch with them or get your money back.

Don’t click on anything in an unsolicited email or text message asking you to update or verify account information to make a payment. Look up the company’s phone number and call them to verify the request. Never send money until you can confirm that the request to change/make a payment is legitimate. You should have a verified statement or customer service phone number.

Reported scams can be found at FTC.GOV/EXPLOREDATA.
Sunday School News

**Sunday School classes** are held online. All Sunday School 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 program needed to join, you may use your phone to join, via audio only. If you are interested in joining a Sunday School class and need more information; call the Administrative Office at (216) 761-4500. Leave your name, telephone number and email address. You may also make the request by email at 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 Summer Quarter are shown below. You can read the passages ahead of time and participate as you wish. You can listen and contribute or both. Our discussions always seem to be thoughtful and fulfilling. Come and fellowship with others before joining us once again at the Cleveland Church of Christ Citadel of Hope Ministries for Sunday morning worship at 11:00 a.m. Those services are in person and live streamed.

**Adult Bible Class**  
**Summer Quarter, 2023**

UNIT II: Responding to God’s Kingdom

July 23……….Separating the Sheep and the Goats…..Matt. 25:31-46
July 30……….Ears to Hear..................................................Matt 13:9-17
Aug. 6---------Forgiving One Another......................Matt. 18:21-35

UNIT III: Entering God’s Kingdom

Aug. 20.........God’s Gracious Rewards......................Matt. 20:1-16
Aug. 27.........God’s Great Mercy...............................Luke 18:9-14

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The Bishop Meets with Us!

On the third Saturday of each month at 10:00 a.m. the Bishop meets with the men of the Citadel on Zoom. Likewise, on the fourth Saturday of each month at 10:00 a.m., the Bishop meets with the women of the Citadel. This meeting is also held on Zoom. These meetings take the place of the Brotherhood and Sisterhood Fellowship gatherings that normally took place in person, before Covid-19 hit. If you were not aware of these meetings and would like to have more information, call the Administrative Office.

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Community Meals

Community Meals are still being held on the third Saturday of each month. The Cleveland Church of Christ Citadel of Hope Ministries opens our doors and serves the community. Donations are welcomed as we minister to those in need.
New Members

We welcome the following Individuals who became a part of the Cleveland Church of Christ Citadel of Hope Ministries family from April 2023 through June 2023.

Egypt V. Allen
Mia B. Bankston
Curtis D. Bishop
Cameren J. Bolden
Savion S. Bolden
Teshawn D. Bowman
Tyesha L. Boyer
Kal’el D. Callahan
Lois D. Clark
De’Marr L. Coleman
Lachelle D. Coleman
Mariah R. Coleman
Michelle D. Coleman
Zara L. Hairston
Melissa A. Howard-Bishop
Brean L. Hurt
Natasha I. King
Kyndall L. Lewis
Latonya Massengale
Christine A. Rice
Morgan L. Robinson
Shaniqua M. Rodgers
Joyce L. Smalley
Abigail G. Tarter
Kimberly A. Wade
Isaiah K. Wilson
Rahshad L. York

SENIOR PROGRAMMING
813 East 152nd Street

Senior Meal Program Offered every Monday, Tuesday and Thursday. A light breakfast is offered from 9 until 10 am and Lunch is served at Noon. All meals are served at the lower level of Five Pointe Community Center. Prior registration is necessary. Meals are free to seniors and special presentations are made monthly. To register, please contact Terri Shephard at 216-761-5229.

Medicare Specialist Appointments Medicare Specialist appointments are available through the Ohio Senior Health Insurance Program (OSHIP) on Thursdays from 2 until 4 pm or by appointment. For more information or to make an appointment contact Doreen Banks at 216-761-5906.

Food Not Bombs East Side Cleveland
6321 St. Clair Ave. Cleveland, OH - 44103
Phone: (440) 340-3663

Offered the second and fourth Tuesday of every month from 5 until 6 pm.

We share fresh fruits and vegetables, and sometimes bread, at the corner of east 64th and St. Clair, year round, unless weather presents a safety risk. No ID, religious affiliation, proof of income, residence, or citizenship is required. We believe food is a human right, and will never ask anyone to prove they deserve to eat.

Famicos Foundation
1325 Ansel Road
(216) 791-6476

From community-wide health initiatives, to tax and legal help, to education and training, to opportunities for youth, Famicos provides a wide range of social services. They partner with other great organizations to bring resources to those they serve. Strong families make strong communities. They are not just helping people survive, they are helping them thrive.

They partner with the Greater Cleveland Food Bank as the NORA Food Pantry on July 17, August 21, and September 18, 2023. Fresh fruits and vegetables, canned goods and boxed goods are available from 10 am until Noon.

Home Ownership Resources and Home Repair Programs are also available.

More information about the above and other programs can be gained by calling the main office or accessing the web site at famicos.org.
Juvenile Arthritis is the term used to describe arthritis in children. Children can get arthritis just like adults. Arthritis is caused by inflammation of the joints. It causes pain, swelling, stiffness, and loss of motion. The most common type that children get is juvenile idiopathic arthritis (idiopathic means “from unknown causes”). Juvenile arthritis affects children of all ages and ethnic backgrounds. About 300,000 children and teens in the United States have juvenile arthritis. It is usually an autoimmune disorder. As a rule, the immune system helps fight off harmful bacteria and viruses. But in this case the system attacks some of the body’s healthy cells and tissues. Scientists don’t know what causes the disorder.

The most common symptoms of juvenile arthritis are joint swelling, pain, and stiffness that doesn’t go away. Usually it affects the knees, hands, and feet. It is worse in the morning or after a nap. Other signs include: limping in the morning because of a stiff knee, excessive clumsiness, high fever and skin rash, and swelling in lymph nodes in the neck and other parts of the body. Most children with arthritis have times when the symptoms get better or go away (remission) and other times when they get worse (flare).

Doctors usually suspect arthritis when a child has constant joint pain or swelling, as well as skin rashes that can’t be explained and a fever along with swelling of lymph nodes or inflammation in the body’s organs. Doctors may depend on physical exams, symptoms, family history, lab tests, and X-rays to make a diagnosis.

Treatment is usually best handled as a team approach. A doctor (a pediatric rheumatologist) trained to treat these types of diseases in children should manage the child’s care. Other members of the team may include, a physical and/or occupational therapist, a counselor or psychologist, an eye doctor, dentist or orthodontist, and a bone surgeon. In addition a dietitian, pharmacist, social worker, rheumatology nurse and the school nurse may be included as well.

The doctors who treat the child will try to make sure they remain physically active. They also try to make sure the child can stay involved in social activities and have an overall good quality of life. Most children with arthritis need a blend of treatments—some will include drugs, and others will not.

Juvenile arthritis may affect the whole family. It can strain your child’s ability to take part in social and after-school activities, and it can make schoolwork more difficult. Family members can help the child both physically and emotionally by doing the following: get the best care possible, learn as much as they can about the disease and its treatment, consider joining a support group, treat the child as normally as possible, encourage exercise and physical therapy, work with the child’s school therapist/social worker, and talk with the child about his/her diagnosis.

Research is ongoing and supported by the National Institutes of Health.

These fast facts were taken from information at the U.S. Department of Health and Human Services Public Health Service at www.niams.nih.gov.
August News

August Days to Remember:
8/1 World Lung Cancer
8/1 National Night Out Against Crime
8/9 National Book Lovers
8/19 World Humanitarian
8/20 Missing Persons—Cuyahoga County
8/20 World Mosquito
8/30 National Grief Awareness
8/31 International Overdose Awareness

August Weeks to Remember:
8/1-7 World Breastfeeding
8/6-12 National Health Center

August is the Month for:
Psoriasis Awareness
Back to School
National Immunization Awareness
National Children’s Vision and Learning
Lead Poisoning Awareness
Spinal Muscular Atrophy
Child Support Awareness
Cataract Awareness
Gastroparesis Awareness
National Breastfeeding Awareness
National Eye Exam

Medic Alert Awareness
Family Fun
African American Male Wellness
Digestive Tract Paralysis Awareness
Dental Implant
Summer Sun Safety
National Picnic

What is Spinal Muscular Atrophy?

Spinal Muscular Atrophy (SMA) refers to a group of inherited diseases of the motor nerves that cause muscle weakness and atrophy (wasting). The motor nerves arise from the spinal cord and control the muscles that are used for activities such as breathing, crawling, walking, head and neck control, and swallowing. SMA is a rare disorder affecting approximately one out of every 10,000 individuals worldwide.

SMA affects muscles throughout the body. In the most common types, weakness in the legs is generally greater than in the arms. Sometimes feeding, swallowing, and respiratory function (e.g., breathing, coughing, and clearing secretions) can be affected. When the muscles used for breathing and coughing are affected and weakened, this can lead to an increased risk for pneumonia and other respiratory infections, as well as breathing difficulty during sleep. The brain’s cognitive functions and the ability to feel objects and pain are not affected. People with SMA are generally grouped into one of four types (I, II, III, IV) based on their highest level of motor function or ability.

Type I is also called Werdnig-Hoffmann Disease. The diagnosis of children with this type is usually made before six months of age, depending on the severity of their disease. Children with SMA type I usually have poor head control and are not able to accomplish developmentally-expected motor skills. These children are unable to sit or stand without help. They will require special equipment for mobility and may eventually need a feeding tube.

Diagnosis of Type II SMA is almost always made before two years of age. Children with this type have delayed motor milestones. The hallmark feature of this type is the ability to maintain a seated position unsupported, however, some children may initially require assistance getting into that position. Though they may not have difficulty swallowing, they may have difficulty eating enough food by mouth to sustain their weight and grow. Bones may become weak and break easily.

SMA Type II is also known as Kugelberg-Welander disease or Juvenile Spinal Muscular Atrophy. It is typically diagnosed by three years of age, but can be diagnosed as late as the teenage years. The hallmark of this feature is the ability to stand and walk independently. Affected individuals may have difficulty walking, running, and climbing stairs as they get older; some will lose the ability to walk independently in childhood, while others may remain ambulatory into adolescence or adulthood. Spinal problems, swallowing and coughing difficulties and breathing may also occur.

Type IV is adult onset of SMA. Mild and moderate symptoms usually begin after the age of 35, although they may occur as early as 18. Adult onset is less common. It is characterized by mild motor impairment and with or without respiratory problems. Life expectancy is normal and therapeutic supports are available to help maintain optimal function for these individuals.

Cure SMA is an organization involved in research and services to help families affected by the disease. It is also devoted to supporting the SMA community.

More information may be found at info@curesma.org or myhealthandwellnessinfo.com/spinal-muscular-atrophy.
**September News**

**September Days to Remember:**

9/4 Labor Day  
9/4 World Cerebral  
9/8 Meningitis Awareness  
9/8 International Literacy  
9/10 Grandparent’s Day  
9/10 World Suicide Prevention  
9/11 National Day of Service and Remembrance  
9/16 World Bone Marrow  
9/18 National HIV/AIDS and Aging Awareness  
9/21 World Alzheimer’s  
9/21 International Day of Peace  
9/22 Fall Prevention Awareness  
9/27 Women’s Health and Fitness  
9/29 World Heart

**September is the Month for:**  
National Infant Mortality Awareness  
Newborn Screening Awareness  
Life Insurance Awareness  
Children’s Good Manners  
Self-Improvement  
Deaf Awareness  
Peripheral Artery Disease  
Gynecologic Cancer  
National Childhood Cancer & Obesity Awareness  
National Lice Prevention  
National Menopause Awareness  
National Aging  
World Alzheimer’s  
National Fall Prevention  
National Atrial Fibrillation Awareness  
National Food Safety Education  
Fruits and Veggies—more matters  
National Cholesterol Education  
National Ovarian Cancer Awareness  
Healthy Aging  
Craniofacial Acceptance  
National Sickle Cell Anemia Disease Awareness  
Thyroid Cancer Awareness  
Drug-Free Pain Management Awareness  
Positive Parenting  
National Skin Awareness  
National Library Card Sign Up  
Kinship Appreciation  
Suicide Prevention  
National State College Campus  
National Recovery  
Sepsis Awareness  
Sexual Health Awareness  
Sports Eye Injury Awareness  
National Gingivitis Awareness  
Audiology and Speech Awareness  
National Child Car Seat Safety  
Hunger Action (Feeding America)  
National Traumatic Brain Injury Awareness  
Senior Safety Awareness

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**Protect Yourself and Your Family from Sepsis**

What is Sepsis? Sepsis is the body’s extreme response to an infection. This illness in the body has a severe, inflammatory response to bacteria or other germs. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lungs, urinary tract, skin, or gastrointestinal tract. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Sepsis cannot be spread to other people. However, an infection can lead to sepsis, and you can spread some infections to other people. In sepsis, blood pressure drops, resulting in shock. Major organs and body systems, including the kidneys, liver, lungs, and central nervous system may stop working properly because of poor blood flow.

Germs entering the body can ultimately cause an infection. Bacterial infections cause most cases of sepsis. Anyone can get an infection, and almost any infection, including COVID-19, influenza, or other viral infections can lead to sepsis. Sepsis commonly affects infants (younger than one) or older adults (65+). Also people with weakened immune systems, chronic medical conditions, or recent severe illness may be more susceptible or at higher risk. For people in the hospital, common sites of infection include intravenous lines, surgical wounds, surgical drains, and sites of skin breakdown, known as bedsores or pressure ulcers.

Sepsis can be prevented. In the hospital, careful hand washing can help prevent hospital-acquired infections that lead to sepsis. Prompt removal of urinary catheters and IV lines when they are no longer needed can also help prevent infections that lead to sepsis. The infection causing sepsis, starts outside of the hospital in nearly 87% of cases. However, one in three patients who dies in a hospital has sepsis. The risk of sepsis can also be reduced by getting all recommended vaccines.

More complete information may be found at medlineplus.gov/ency/article/000666.htm and/or www.cdc.gov/patient safety/features/get-ahead-of-sepsis.html.
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 by Friday, September 15, 2023.

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 October 1, 2023.