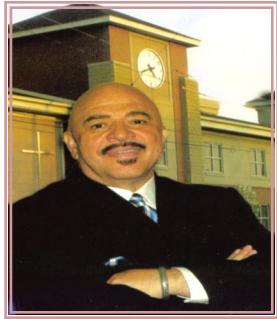




Citadel News Quarterly

Volume 11, Issue 1

January 2026



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SCRIPTURE FOR THE QUARTER

"Fathers, do not irritate and provoke your children to anger, but rear them tenderly in the training and discipline and the counsel and admonition of the Lord."

Ephesians 6:4

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

Words from the Bishop: **Fear Not: For I Am With Thee!**

No matter what we have to face, no matter what we have to go through, it is imperative that we hold on to the great truth that GOD IS WITH US!. Each of us along life's journey find ourselves facing circumstances which initially look overwhelming. But because God is with us, we can face any situation. We may be dealing with divorce or foreclosure on our home, a heavy heart from grief, suffering from a broken spirit, or struggling with sleepless nights, worrying about our children being out all night, or other people talking about us. Whether it is old age or strange sounds in the house or bullets going off in the neighborhood around us... *when we do not know which way to turn...* God reminds us through His Word that **HE IS IMMANUEL**, which means "**God with us!**"

Our God promised to be with us, to never leave us or forsake us. In fact, He promised not only to stand by and bless us in THIS life, but to go with us and be with us for all eternity in the next!

Consequently, we must be mindful NOT to take counsel from the ungodly. Let every man be a lie, and let God be true! After the gloomy diagnosis, after the depressing news, the world says, "You're on your own." God says, "I am with you!" No matter what is taking over our lives, whether we get a pink

slip terminating our employment, or lose a loved one, we are NEVER alone! We believe the report of the Lord, "Lo, I am with you always!"

Often we are too attached to the things of this world. The only thing we really possess is our soul! All the things that we call our own, every possession, even our own lives, actually belong to God. We own nothing! God has only allowed us to be STEWARDS of these things, responsible for guarding and caring for the things God has placed in our charge.

To keep the right attitude from day to day; we must remind ourselves that since Jesus came to save, even though He could have come to condemn the world...likewise we must make sure that we keep on forgiving and loving the opportunity to be merciful as well. The Lord Jesus Christ came into this world, took on the form of man, and identified with the frailties and pressures of humanity, all to show us that we too could do the will of the Father. That being to abstain from hating, jealousy, and vengefulness, and instead love one another, be kind to one another, and seek ways to bless and be a blessing to others.

Do not be weary in your well doing...for in due season, you shall reap a harvest of blessings if you faint not. **God is with you!**

Cleveland Church of Christ Federal Credit Union News

Wrap Up to our Fiftieth Year by Sister Stella Hull

On October 26, 2025, we celebrated the 50th anniversary of the Cleveland Church of Christ Federal Credit Union. Although members may only see the Tellers, there are others who serve as well. They may be called Officers, Auditors, Committee Members, or Advisors, but they serve the Credit Union just as those who serve you in the Credit Union. Those volunteers in attendance were honored for their service with certificates given by Bishop Lincoln Haughton, III. We also shared cake with the congregation in the Rotunda on that day.



Sister Connie Pyles, Sister Mary Myers Martin, Sister Stella Hull, Sister Christina Tarter, Sister Rhonda Braylock, Bishop Lincoln Haughton, III, Sister Regina Walker, Deacon Rucker Garland, Sister Brenda Haughton, and Elder William Tarter.

Sister Sharon Rose and Deacon James Haughton, Jr. were not available for this picture.

My Journey in the Credit Union started with a mention by a former teller that additional staff may be needed. I felt after being a member of the Church since the '70s, it was time to do something besides just sit. I approached Bishop Haughton and was given the okay. I believe that may have been in 2010. In July 2007, I retired as a Business and Vocational Teacher. I felt the need to do some other things with my life. I was already Treasurer for a couple of Business Educator Organizations, so this felt like a natural progression. I felt welcomed and soon settled in. I'm not an expert by any means but I continue to try to do my best while serving our members. While serving, I will always ask for help when needed.

I feel the Credit Union provides a valuable service for church members and their families. Most of my personal financial dealings have always been with a Credit Union rather than a Bank. I like the fact that credit union members are owners of the institution with a common bond. That bond for us is being members or family of members of the Cleveland Church of Christ Citadel of Hope Ministries.

The Cleveland Church of Christ Federal Credit Union is insured by the National Credit Union Administration to protect members' deposits. The CCCFCU offers several types of savings accounts that range from a regular account to Christmas, Harvest, and Vacation accounts. It also offers a variety of loans. If you need more information, stop up in the Credit Union. The initial fee to join the Credit Union is \$5.00. Our aim is to serve you and make you feel welcome.



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; 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. 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 Winter 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: His Holy House

January 4.....	Jesus Cleanses God's House.....	John 2:13-17
January 11.....	Worshipping God in His Sanctuary.....	1 Chronicles 16:23-33
January 18.....	Isaiah's Glimpse of God's Throne.....	Isaiah 6:1-13
January 25.....	God's Dwelling on High.....	Psalm 113:1-9

UNIT 3: His Holy Expectation

February 1.....	Solomon's Dedication Prayer.....	1 Kings 8:22-30
February 8.....	Holy as I am Holy.....	Leviticus 19:1-4, 9-18
February 15.....	Holy Conduct.....	1 Peter 1:14-17
February 22.....	Run Toward Holiness.....	Hebrews 12:1-17



WELCOME
to Our Newest Members!

We welcome the following **NEW MEMBERS** who became a part of the Cleveland Church of Christ Citadel of Hope Ministries family from October through December 2025:

Aaliyah D. Babbitt	Isaiah A. Mason
Tramaine D. Bayman	Teara A. Mason
Tijuana N. Black	Kathleen L. McCloud
Esaias L. Davis	Leon Nickson
Marian Flanagan	Le'Shaunne P. Pitmon, Jr.
Dennae E. Foster	Emmersin D. Vasan
Brittney C. Howard	Thomas K. Ware, III
Kristie L. Howard	Demark R. Williams
Aukenia O. Mason`	



January News

Talking To Your Doctor Tips for Being an Informed and Proactive Patient

Today patients take an active role in their health care. You and your doctor will work in partnership to achieve your best possible level of health. Although you may have several doctors, there should be one main health care provider to oversee and coordinate your health care. An important part of this relationship is good communication. Here are some ways you can help maintain your end of the relationship:

- Tell your doctor about any changes in body functions—from sleep and bowel habits to headaches.
- Discuss concerns about how health issues will affect your lifestyle. Be honest about your habits with alcohol, drugs, tobacco, and physical activity.
- Never hold back information—something you deem minor might affect your doctor's ability to diagnose and treat you.
- Be prepared when going to your doctor's office.
- Be open to discussing any topic with your doctor.
- Ask to have someone present, tape conversations, take notes, and/or ask for written instructions if needed.
- Keep track of your medications and bring the list to appointments.
- If you need further clarification, ask or seek a second medical opinion.

As a patient, you should be aware that preventive care can be very necessary. Preventive care can include a yearly checkup, screenings, and vaccines. This care helps prevent illness, disease, and other health problems. It can also help your doctor find illness at an early stage when treatment is likely to work best. The preventive care you need changes with age. Talk to your doctor about what care may be right for you.

Material taken from American Cancer Society, www.cancer.org, 1.800.ACS.2345 and Centers for Disease Control and Prevention, [https://www.cdc.gov/chronic-disease/prevention/preventive-care.html](http://www.cdc.gov/chronic-disease/prevention/preventive-care.html)

January Day to Remember—JANUARY 19—Dr. Martin Luther King, Jr., Day of Service

Monthly Remembrances:

International Quality of Life
National Poverty in America
Integrative Health
Dry January (alcohol free)
National Mentoring Awareness
National Radon Action
National Fit and Family
National Healthy Weight Awareness
National Slavery & Human Trafficking Prevention
National Winter Sports Traumatic Brain Injury Awareness
National Wellness
Get Organized
National Glaucoma Awareness

National Stalking Awareness Prevention
Financial Wellness
Thyroid Awareness
Cervical Health and Cancer Screening
Medical Travel Month
National Blood Donor
Hearing Loss Awareness
National Folic Acid Awareness
National Birth Defects Prevention
Healthy Pregnancy Awareness
National Sunday Supper
National Thank You
Reading and National Book Awareness
National Eye Care
Firefighter Cancer Awareness

February News

A HEART Healthy Lifestyle

Staying heart healthy benefits your overall health and quality of life. Lifestyle changes can help prevent and treat heart disease. Here are some tips. Stay at a healthy weight. Eat fruits and vegetables. Eat whole grains instead of processed foods. Use fat-free or low-fat dairy products where you can. Trade high-fat meats like bacon and red meat for lean and low-fat meats and proteins like fish, chicken, turkey, beans or tofu.

To further enhance a heart healthy lifestyle, adjust certain habits. Limit alcohol intake. Don't smoke and avoid secondhand smoke. Call 1-800-QUIT-NOW (1-800-784-8669) if you need help quitting. Prioritize getting enough sleep each night. Most adults need seven or more hours of sleep each night. Adhere to regular physical activity. Try walking for ten minutes, three times a day, five days a week. Reduce stress in your life. Always consult your physician about the best types of heart healthy activities for you.

*Source: U.S. Department of Health and Human Services:
<https://odphp.health.gov/myhealthfinder/health-conditions/heart-health/keep-your-heart-healthy>*

Listed below are Ten Ways To Improve Your Heart Health

- Balance calories with physical activity.
- Reach for a variety of fruits and vegetables.
- Choose whole grains.
- Include healthy protein sources, mostly plants and seafood.
- Use non-tropical liquid plant oils.
- Choose minimally processed foods.
- Subtract added sugars.
- Cut down on salt.
- Limit alcohol.
- Do all this wherever you eat!

If you need more food for thought, go to www.heart.org/eatsmart

Remembering for this Month:

American Heart Awareness

BLACK HISTORY MONTH

National Burn Awareness

National Cancer Awareness

National Library Lovers

National Eating Disorders

National Self Esteem

National Wise Health Consumer

Career and Technical Education

Kids ENT (ear, nose, throat) Health

National Senior Independence

Gap Year Awareness

Recreational Therapy

Aging and Mental Health Awareness

International Prenatal Infection Prevention

National Dental and Children's Dental Health

National Teen Dating Violence Awareness and Prevention

Age-Related Macular Degeneration (AMD) Low Vision Awareness

Days to Remember:

4 World Cancer Day

6 National Wear Red Day

7 National Black HIV/AIDS Awareness

9 National Toothache Day

14 VALENTINE'S DAY

14 National Organ Donor Day

16 President's Day

28 Rare Disease Day

March News

Colorectal Cancer: Catch It Early and Reduce Your Risk.

American Cancer Society—cancer.org/colon—1.800.227.2345

Colorectal cancer is the third most common cancer in men and women in the U.S. Cancer screening tests look for cancer in people who don't have any signs or symptoms. When colorectal cancer is found early during screening, it's usually smaller and might be easier to treat. Anyone can get colorectal cancer, but some people may have a higher risk than others. The American Indian and Alaskan Native communities have the highest rates of colorectal cancer in the U.S. Black individuals have the second highest rate and are more likely to be diagnosed later after the cancer has spread to other parts of the body. Arkansas, Kentucky, Louisiana, Mississippi, and West Virginia are the highest risk states.

Certain health conditions increase risk as well. People with a personal or family history of colorectal cancer or polyps is one group. Another is people with inflammatory bowel disease (ulcerative colitis and Crohn's). Another includes people with inherited gene changes, such as Lynch syndrome or familial adenomatous polyposis (FAP). The last group, many of us are familiar with are those people with Type 2 diabetes. On the other hand, more than half of all colorectal cancers are linked to physical inactivity, poor nutrition, excess body weight, tobacco, and alcohol. These individuals should eat more vegetables, fruits, and whole grains. They should also limit or avoid red and processed meats, sugary drinks, and refined grains. Lastly they should be as physically active as possible.

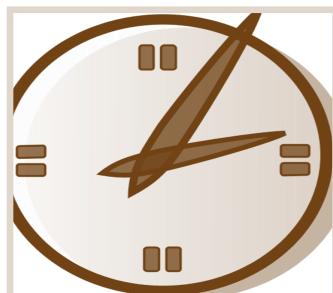
Colorectal cancer can be prevented. Everyone should start regular screening for colorectal cancer at age 45, unless you are in a high risk group, then you may need to start earlier. Visual exams should be done in a medical setting with bowel prep. Called a colonoscopy, it is usually done every ten years. Stool-based tests can be done at home with the right materials. However, these tests need to be done more frequently. There are some differences with these tests, but the important thing to consider is to get screened, regardless.

Remembering for this Month:

2 Read Across America Day
 6 National Cyberbullying Awareness Day
 8 International Women's Day
 10 National Women & Girls HIV/AIDS Awareness Day
 21 World Down Syndrome Day
 24 World Tuberculosis Day
 25 National Colonoscopy Screening Day
 26 Global Epilepsy Awareness Day

 National Colorectal Cancer Awareness
 National Endometriosis Awareness
WOMEN'S HISTORY MONTH

March for Meals Month
 Music in Our Schools
 Prescription Drug Abuse Prevention
 Youth Art Month
 Middle Level Education Month
 National Brain Injury Awareness
 Workplace Eye Wellness Month
 Deep Vein Thrombosis (DVT)
 Pulmonary Embolism Awareness (PE)
 Bleeding Disorders Awareness
 National Eye Donor Month
 Child Life Month
 National Athletic Training Month
 National Developmental Disability
 National Cyberbullying Awareness
 National Breakfast Month
 American Red Cross
 Cerebral Palsy Awareness Month
 National Sleep Awareness Month
 Gender Equality Month
 Self-Injury Awareness Month
 National Kidney Awareness
 National Nutrition Awareness
 Save Your Vision Month
 National Poison Control Prevention
 Myeloma Action Month



It is that time again! Daylight Saving time begins
Sunday, March 8, 2026, at 2 a.m.

Spring Forward!

Set your clocks ahead one hour!

Change batteries in smoke detectors and other devices.

History Explored

The idea for **Black History Month** was first conceived by Historian, Carter G. Woodson, and members of his Association for the Study of Negro Life and History. They organized Negro History Week in February 1926. February was selected because of the birthdays of Abraham Lincoln (responsible for the Emancipation Proclamation) and Frederick Douglass (abolitionist and orator). The civil rights movement also contributed to its popularity. African Americans and other subordinated groups used mostly nonviolent efforts—protests, legal challenges, pleas and petitions addressed to government officials, as well as other means—to achieve gradual improvements in their status. The famous March on Washington in March 1963 was the largest U.S. civil rights protest to date. The passage in 1964 and 1965 of major civil rights legislation was victorious for the movement in confronting economic, political, and cultural consequences of past racial oppression. Black educators and Black United Students at Kent State University in Ohio proposed Black History Month in February 1969. They then celebrated at Kent State a year later, from January 2 to February 28, 1970. Negro History Week soon expanded to become **Black History Month** in 1976, as designated by President Gerald Ford, who urged Americans to participate in its observance.

It is generally held that there are four reasons to celebrate Black History Month: (1) It celebrates diversity, (2) It unites us, (3) It takes us beyond the history books, and (4) It helps us understand the importance of our stories. For example, Lewis Howard Latimer was an accomplished inventor and engineer who helped Edison by creating a longer-lasting filament for the light bulb. Elijah McCoy, a member of the National Inventor's Hall of Fame, held over 50 patents. Ida B. Wells was a prominent activist and journalist for the movement. Benjamin O. Davis, Jr., the first African American in the U.S. Air Force, was a major contributor in WWII and a leader of the Tuskegee Airmen. Vashti Harrison has published a series of books to introduce young readers to the lives of African Americans who have helped shape the world. These are but a few achievements African Americans have supplied to make notable changes in the world. Celebrating **Black History Month** not only brings awareness but it also publicly honors Black men and women. The reasons and examples given should guide our celebration of diversity and inclusiveness all year round.

Taken from www.en.wikipedia.org/wiki/Black-History-Month and www.britannica.com/topic/Black-History-Month.

Women's History Month is a celebration of women's contributions to history, culture, and society and has been observed annually in the month of March in the United States since 1987 as designated by the U.S. Congress. Many things happened before the actual creation of this month due to the consistently overlooked and undervalued role of American women in history. International Women's Day was a precursor, created in 1910, but observed March 19, 1911. In 1972 the first shelter for battered women opened, one of the goals of the women's movement. Sanctioned by the United Nations in 1975, the following reasons were given for observance of International Women's Day: (1) to recognize the fact that securing peace, social progress, full enjoyment of human rights, and fundamental freedoms requires active participation, equality, and development of women; (2) to acknowledge the contribution of women to the strengthening of international peace and security. The movement was so influential, that in 1975, *TIME Magazine* awarded its "Man of the Year" award to "American Women." A weeklong celebration held in Sonoma, California, in 1978 with dozens of schools and hundreds of students participating in a "Real Woman" essay contest and parade helped to further promote the idea of **Women's History Month**. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. The U.S. Congress passed a resolution the next year establishing a national celebration and leading to **Women's History Month** six years later.

Many women have spoken out to engage and get the public to think about the woman's place in society. Some of those women are shown below:

- * Eleanor Roosevelt (1884-1962), political figure, diplomat, activist, First Lady—"Women are like teabags. We don't know our true strength until we are in hot water."
- * Rosa Parks (1913-2005), civil rights activist—"You must never be fearful about what you are doing when it is right."
- * Shirley Chisholm (1924-2005), U.S. Congresswoman—"If they don't give you a seat at the table, bring a folding chair."
- * Madeline Albright (1937-2022), U.S. Secretary of State—"It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent."
- * Billie Jean King (1943-), tennis champion—"Champions keep playing until they get it right."
- * Alice Walker (1944-), novelist, short story writer, poet, social activist—"The most common way people give up their power is by thinking they don't have any."

Taken from www.en.wikipedia.org/wiki/Womens%27_History_Month and www.britannica.com/topic/National-Womens-History-Month.



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, March 20, 2026.

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 April 5, 2026.



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, inquire at the Administrative Office.

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:

February 6-7, 2026

March 6-7, 2026

April 3-4, 2026

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 may 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.

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 volunteers are welcomed as we minister to those in need.

Thank you to all who contributed to this issue.

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

**Visit us on the Web at
www.clevelandchurch.org**

