

CITADEL NEWS QUARTERLY

VOLUME 9 ISSUE 2

APRIL 2024

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 Deacon James R. Haughton, Jr., Chief Operating Officer and Pastor of Music and Fine Arts

WORDS FROM THE BISHOP:

THE ABUNDANT LIFE



SCRIPTURE OF THE QUARTER

⁹ I am the door: by Me if any man shall enter in, he shall be saved, and shall go in and out, and find pasture.

¹⁰ The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

JOHN 10:9-10

Wherever the Lord Jesus Christ saw unbelief, He always patiently took time to teach. There were people He encountered who believed that He was sent from God...but not convinced that He and the Father are One. The Lord Jesus Christ took the time to explain that the **ONLY** way to get to the Father is through Him. Just as the shepherd must open the door for the sheep to enter in...so Christ is the Door that makes access to the Father even possible.

Jesus IS the only way to the Father.

The Lord Jesus Christ came to give life, to give joy, to give peace, to give love, to give forgiveness of sin, to give the indwelling power of the Holy Ghost. He gave His life so that we could live. The devil, on the other hand, desires to kill and destroy, families and relationships, to steal joy, to kill confidence, and to destroy hope.

The abundant life referred to in John 10 refers to spiritual blessings and NOT an abundance of "stuff" or earthly possessions. The abundant life is NOT more cars, more houses, and more money.

We gather to worship...not for God to give us more "stuff" but to glorify and magnify God for who He is and what He has **ALREADY** done for us.

God is a Spirit and they that worship Him **MUST** worship Him in spirit and in truth. We too are spirit beings. The **REAL** you is on the inside. We are only housed temporarily in a body.

Consequently, the real battles we must face are spiritual battles. God desires that we have a more abundant spiritual life. The abundant life is joy and strength in spirit, soul, and body.

First, you **MUST** change your mind set. By growing in grace and knowledge of the Lord Jesus Christ, we understand that, according to His

promise, we look for new heavens and a new earth, wherein dwells only righteousness. (II Peter 3:13)

We should **ALWAYS** be praising God and ever learning more and more about Him through His Word. We understand that we will **NOT** go through this life "problem free." Even when we fail, we adjust, we endure, we press on...until we overcome.

It is a "fairy tale" misconception that, once baptized, coming to church, and pay-

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WORDS FROM THE BISHOP *CONTINUED*

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ing our tithes that life will be an "easy street." We WILL have trials and tribulations but are to be of good cheer for as Christ overcame the world...and Christ is IN us...we are overcomers as well.

God desires that we are in good health and that our soul prospers. The fruit of the Spirit is evident in the abundant life of the Spirit-filled believer...exhibiting the joy, the peace, the love, the longsuffering, the patience, the self-control, the kindness, and the gentleness.

Our soul, however, MUST prosper first.

When we are walking in the Spirit...we brag more on Christ and not on ourselves or the things that we possess or acquire. Stuff does not fix or satisfy. Millionaires can marry five, six, or seven times and never find happiness or fulfillment. God has created us in such a way that there is a hole or space in each of us that is ONLY satisfied by His presence in our lives.

God desires that we find peace and rest IN Him. When we rest in Him, we are not consumed with trying to "keep up with the Joneses" and "have what the Smiths have" but INSTEAD understand that Jesus is ALL WE NEED. When we delight ourselves in Him...He will GIVE us the desires of our heart. When we seek FIRST the kingdom of God and His righteousness. He will ADD all other things.

Jesus is always our Helper. He is our EVERYTHING. Since that is the case...how do we prosper? Just remember the following:

1. Stay in God's Word.
2. Say what God says in His Word.
3. Weeping may endure for a night...but joy comes in the morning.
4. There is nothing too hard for God.
5. All who call on the name of the Lord SHALL be saved.
6. When the enemy comes upon us...THEY stumble and fall.
7. Jesus is our Light and our Salvation.
8. I can do all things through Christ who strengthens me.

Since Jesus IS the Living Word...just as we feed our natural bodies...we also MUST feed our spirit with the Word of God. What we treasure is kept in our hearts. The mouth speaks what the heart is.

A good man brings up the good things stored in his heart. An evil man brings up the evil stored in his heart. With the heart man believes...with the mouth confession is made.

Meditating on the Word of God is more than just reading the Bible. Instead of so much time on social media posting so many personal things, we should be reading more and meditating more on God's Word.

God is able to even SEND jobs to the believer...so that people do not need to be overwhelmed with thoughts of "Someone, please hire me."

Anything we lack, God has. When we ask the Father in the name of Jesus, the Holy Ghost is listening and if it agrees with the Word...the Holy Ghost goes and TAKES from Jesus what we need and brings it back to us. Because God is Almighty...we can have ANYTHING He wants us to have.

If your view of God is that He is "distant" or "puny", you will get nothing.

The riches in Christ are Not material...not earthly. (Colossians 3:2-3) No matter what we must go through, the God of hope will see you through with fullness of joy. (Romans 15:13) My God will supply ALL your needs according to His riches in glory. (Philippians 4:19)

We desire to be doers of God's Word and not hearers only. (James 1:22) Our desire is to be kinder, humbler, and more like Christ in word and deed.

It is also NOT enough to just come to church. One can be in church all their life...and still need to repent. All men must repent of their sins to be saved. The good news is...no matter how great the sin...where sin abounds...grace much MORE abounds. God can break ANY chain...any bondage. The Lamb of God, sinless, perfect Son of God sacrificed Himself for us.

The joy of the Lord IS our strength.



OUR CENTENNIAL CELEBRATION

By the grace of God, established in 1924, this year, the Cleveland Church of Christ Citadel of Hope Ministries is celebrating its 100th year anniversary. We will celebrate those 100 years by continuing to hear the Preaching and Teaching of the Gospel of The Lord Jesus Christ!

One of our events occurred on January 28, 2024, when we welcomed Pastor Shawn C. Woodie and the Outreach Community Church of God in Christ from Chicago, Illinois. If you missed this event, you truly missed a treat. Our second event was celebrated on Palm Sunday, March 24, 2024, with Elder Steven Sledge from the Potter’s House in Houston, Texas. In addition parishioners celebrated by wearing Centennial T-shirts and were treated with Centennial cake in the Rotunda.

Celebratory banners have been erected outside and inside the church. Take the time to appreciate them. In order to continue our celebrations, a fundraiser was launched. The selling of Katydids proved profitable in the past and it is hoped that this time the fundraiser will be profitable as well. You may still obtain Katydids, T-shirts, and celebratory tumblers for your hot or cold beverage. All are available at the Citadel.

Save the date for a Centennial Luncheon celebration at the Marriott East in Beachwood, Ohio. That date is **Saturday, August 24, 2024**. Part of our entertainment will include Kofi Boakye. You should know that Mr. Boakye is the skilled pianist we have been hearing on Sunday morning at the Citadel. Again, save that date!

NEW MEMBERS

WE WELCOME THE FOLLOWING INDIVIDUALS WHO BECAME A PART OF THE CLEVELAND CHURCH OF CHRIST CITADEL OF HOPE MINISTRIES FAMILY FROM JANUARY 2024 THROUGH MARCH 2024.



Kyanna Alexander
 Sheila J. Benson
 William D. Buckway
 Sharia L. Clements
 Bayana A. Foster
 Roshell N. Foster
 Robert F. Gray

Gregory L. Green
 Coland L. Leavens
 Alayna L. Littlejohn
 Jason Lucas
 Lawrence Thomas
 Jacqueline M. Wallace
 Latoya D. Williams

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, 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 Spring 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 II: Confirmed by Mighty Miracles

April 14.....	Jesus' Authority over Demons.....	Mark 9:14-29
April 21.....	Healing on the Sabbath.....	Luke 6:1-11
April 28.....	Jesus Mighty Power.....	Matthew 14:22-36
May 5.....	Healing and Forgiveness.....	Mark 2:1-12

UNIT III: Confirmed by His Exaltation

May 12.....	The Son Greater than Angels.....	Hebrews 1:1-9
May 19.....	The Lamb Worthy of Worship.....	Revelation 5:6-14
May 26.....	The Alpha and Omega.....	Revelation 22:6-10, 12-13, 16-21

Stay safe from the latest scam tactics. Five tips to protect yourself as given by Capital One.

1. No financial institution, including Capital One, will ever ask you to make payments for correcting fraud activities.
2. Never send money to anyone who claims your account is compromised or who threatens to cut off your services. Instead, call the company directly to discuss payment methods. A utility company will not request a payment by Zelle®.
3. Be suspicious of people you don't know contacting you via phone or text asking for payment. These scams aim to create a false sense of urgency in hopes you will send funds before verifying who they are. Make sure you are sending payments to reputable companies and contacts you have validated.
4. Report any suspicious activity immediately by calling the number on the back of your Capital One or other debit or credit cards.
5. Check out Capital One and Khan Academy's free financial literacy course to learn about red flags to watch out for and more ways to protect yourself from other scams. This partnership is for learners of all ages across the United States. The training is available online at khanacademy.org. *(Be aware, they do ask for a donation, because they are nonprofit. You do not have to comply with the request.)*

APRIL NEWS

Protect Yourself with Routine Cancer Screenings

courtesy of University Hospitals Seidman Cancer Center

Cancer treatments are most successful when the cancer is detected in the earliest stages. Reduce your risk and protect your health, get screened. Visit UHhospitals.org/CancerScreening

MAMMOGRAM

A screening mammogram is the best way to detect breast cancer in its earliest stage. For women starting at age 40 and annually thereafter. Survival rates approach 99% when found early.

COLONOSCOPY

A colonoscopy screening examines the inside of the colon, looking for abnormal growths (polyps) that could potentially turn cancerous. If found, they are removed during the procedure and examined. Men and Women are at average risk starting at age 45.

FAST BREAST MRI

A 10-minute, supplemental exam that can detect invasive breast cancers that may not be visible on a mammogram. This is a self-pay screening recommended for women with dense breast tissue.

PSA BLOOD TEST

A screening for prostate cancer, this test measures specific markers in the blood called prostate-specific antigens. Results are considered along with age, medical history and other risk factors to determine if further diagnostic testing is indicated. Men should be tested starting in the late 40s to early 50s.

SKIN CANCER SCREENING

Changes in the color and shape of existing moles or new bumps, lumps, or skin tags may be a sign of skin cancer. Age 18⁺ should self-check monthly, especially if fair-skinned or regularly exposed to the sun. Full-body annual exams by a dermatologist should begin at age 40.

PAP TEST

A sample of cervical tissue is examined for abnormal cells that could develop into cancer. Women should start being examined at age 21 and have the test repeated at least every three years.

LOW-DOSE LUNG CT SCAN

A non-invasive lung scan that looks for lung nodules (small growths) that could turn cancerous over time. Finding and monitoring nodules when they are small offers the best chance for successful treatment. Those 50-77 years of age who are current smokers or quit less than 15 years before should consider testing.

PREVENT CANCER WITH THE HPV VACCINE

In addition to being the primary cause of cervical cancer, the human papilloma virus (HPV) is responsible for approximately 30% of other adult cancers, including anal, vaginal, vulvar, and cancers of the mouth, throat, head and neck. A preventive vaccine now exists for this virus. The vaccine is available and recommended for ages 9-26 and Adults 27-45 should talk to their doctor about the potential benefits of the vaccination.

APRIL IS THE MONTH FOR:

National Cancer Control
Financial Literacy
National Inter-professional Healthcare
School Library
National Limb Loss & Limb
Difference Awareness
Primary Immunodeficiency
Awareness
National Sarcoidosis Awareness
National Volunteers
National Alcohol Awareness
Mathematics Awareness
National Humor
National Minority Health & Health
Disparities
Medicaid Awareness
Child and Family Awareness

Sexual Violence/Harassment
Counseling Awareness
Irritable Bowel Syndrome (IBS)
Awareness
March for Babies
National Donate Life
Defeat Diabetes
Oral, Neck & Head Cancer
Awareness
Rosacea Awareness
National Autism Awareness
National Distracted Driving
Awareness
Stress Awareness & Senior
Depression
Sexual Assault Awareness
National Facial Protection
Deaf History
Esophageal Cancer Awareness

Drop Everything and Read
National Youth Sports Safety
Parkinson's Disease Awareness
Community Service
National Foot Health Issues
National Child Abuse Prevention &
Neglect Awareness
National Occupational Therapy
Testicular Cancer Awareness
Cesarean Awareness
National STD & STI Awareness
Soy Foods

MAY NEWS

MAY DAYS TO REMEMBER:

- 1 World Maternal Mental Health
- 5 World Hand Hygiene
- 7 World Asthma
- 7 Children's Mental Health
- 12 MOTHER'S DAY**
- 12 International Hunger
- 12 Chronic Fatigue Syndrome
- 17 International Day Against Biphobia
Transphobia, & Homophobia
- 18 World Kids Vaccine
- 18 HIV Vaccine Awareness
- 18 Armed Forces Day
- 20 World Autoimmune/Auto-
inflammatory Arthritis
- 25 National Missing Children
- 27 MEMORIAL DAY**
- 29 National Senior Health & Fitness
- 31 World No Tobacco

MAY AWARENESS EVENTS:

- National Maternal Depression
- National Walking
- National High Blood Pressure
Education
- National Mental Health
- International Mediterranean Diet
- Military Appreciation
- Motorcyclist Safety
- Melanoma Skin Cancer Detection
and Prevention
- National Nurses
- National Foster Care
- Building Safety
- Better Hearing & Speech
- Correct Posture
- American Stroke
- Youth Homeless
- Global Youth Traffic Safety

- National Get Caught Reading
- Huntington's Disease
- National Bike & Trauma
- Food Allergy Action
- Women's Health/Cancer
- Oncology Nursing
- Drowning Prevention
- National Cancer Research
- Neurofibromatosis
- Mobility and Older American
- Healthy Vision & Water Safety
- National Celiac Disease
- National Osteoporosis Prevention
- Better Sleep & Clean Air
- National Arthritis
- National Physical Fitness &
Sports

Postpartum Psychosis (PPP)

Postpartum psychosis is a mental health emergency. This emergency mostly affects the mother, but may also pose a risk to the entire family. This condition affects a person's sense of reality, causing hallucinations, delusions, depression, paranoia, mood cycling, cognitive impairment, agitation, or other behavior changes. In severe cases, people with PPP may attempt to harm themselves or their newborn. The safety of the child is of utmost importance. Therefore the mother, in this case, may need to be hospitalized. This condition is treatable and reversible. Early treatment increases the odds of a good outcome.

Just as a new baby can introduce factors that contribute to maternal depression, the same can apply to new fathers. Paternal depression is not as prevalent as maternal depression. However, by the time the child reaches 12 years of age, 21% of fathers will have experienced one or more episodes of depression. Just as the mother's condition affects the child, so does the father's. The father's depression may lead to unhappy relationships with their partners and children. There can be anger, frustration, isolation, and a loss of interest and motivation in work, hobbies, and sex.

PPP happens unpredictably and for reasons that experts don't fully understand. There are some risk factors that may lead to maternal depression, such as stress, family history, socioeconomic status, and/or a difficult, unplanned or unwanted pregnancy. Because of these factors, there may be no way to prevent it entirely. But some approaches can reduce the chance of development. If there is a previous occurrence of PPP, then steps should be taken to avoid the emergency in the future. Keeping a close watch on the mother during subsequent pregnancies may be warranted.

After the birth, make sure the family is aware that PPP may occur. If hospitalization is warranted, a strong support system will be needed. There are also medications that can be given. PPP is a temporary condition. With treatment, people who have it can recover relatively quickly within a few weeks and regain their sense of reality.

Information retrieved from the National Institute for Health Care Management and medically reviewed information from the Cleveland Clinic.

JUNE NEWS

RED FLAGS of ABUSE! Does someone you know—a senior or adult with a disability—display any warning signs of mistreatment? In general, this abuse refers to intentional or neglectful acts by a caregiver or “trusted” individual. You do not need to prove that abuse is occurring. You need to report your concerns. It is up to the professionals to investigate the suspicions.

► **Neglect/Self Neglect**

- Lack of basic hygiene, adequate food, or clean and appropriate clothing
- Lack of medical aids (glasses, walker, teeth, hearing aid, medications)
- Person with dementia left unsupervised
- Person confined to bed is left without care
- Home cluttered, filthy, in disrepair, or having fire and safety hazards
- Home without adequate facilities (stove, refrigerator, heat, cooling, working plumbing, and electricity)
- Untreated pressure “bed” sores (pressure ulcers)

► **Financial Abuse/Exploitation**

- Lack of amenities victim could afford
- Vulnerable elder/adult “voluntarily” giving uncharacteristically excessive financial reimbursement/gifts for needed care and companionship
- Caregiver has control of elder’s money but is failing to provide for elder’s needs
- Vulnerable elder/adult has signed property transfers (Power of Attorney, new will, etc.) but is unable to comprehend the transaction or what it means.

► **Psychological/Emotional Abuse**

- Unexplained or uncharacteristic changes in behavior, such as withdrawal from normal activities, unexplained changes in alertness, other
- Caregiver isolates elder (doesn’t let anyone into the home or speak to the elder)
- Caregiver is verbally aggressive or demeaning, controlling, overly concerned about spending money, or uncaring

► **Physical/Sexual Abuse**

- Inadequately explained fractures, bruises, welts, cuts, sores or burns
- Unexplained sexually transmitted diseases

Division of Senior and Adult Services—www.dsas.cuyahogacounty.us—(216) 420-6700—13815 Kinsman Road, Cleveland, OH 44120

JUNE DAYS TO REMEMBER:

2 National Cancer Survivors
 2 National Violence Awareness
 5 World Environment
 8 Family Health and Fitness
 8 World Brain Tumor
 9 Children’s Day
 14 Flag Day
 14 World Blood Donor
16 FATHER’S DAY
18 JUNETEENTH
 19 World Sickle Cell
 27 National HIV Testing
 27 National PTSD Awareness

JUNE AWARENESS EVENTS:

Elder Abuse Awareness Kickoff
 Liver Health Matters
 Acne, Cataract & Hernia Awareness
 National Gun Violence
 Brain Cancer Awareness
 Home Safety & Men’s Health
 Vision Research & Eye Safety
 National Cardiopulmonary
 National Scoliosis
 National Health, Fitness, & Exercise
 Alzheimer’s & Brain Awareness
 National Migraine & Headache
 National Great Outdoor
 National Potty Training Awareness
 National Hunger Awareness

Hormone Replacement Therapy
 Myasthenia Gravis Awareness
 National Safety
 National Soul Food
 Black Music
 National Dairy
 World Fertility Awareness
 National Scleroderma Awareness

JUNE WEEKS TO REMEMBER:

1-7 National CPR & AED Awareness
 10-16 Men’s Health

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

Visit us ON THE WEB at
www.clevelandchurch.org



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 in unity and prayer for souls to have a closer walk with the Lord. Those who fast and pray can expect a miracle. New Corporate Fasting dates are:

May 3-4, 2024

June 7-8, 2024

July 5-6, 2024

Thank you to all who provided information for this Issue!

Do you want to see what the Newsletter looks like in color? Go online at www.clevelandchurch.org and click on Citadel Newsletter.

Thank you for visiting us on line!

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.



Great items to help celebrate our Centennial!

Newsletter

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 proposals to the Administrative Office on or before Friday, June 14, 2024.

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 July 7, 2024.