

# Our Centennial Celebration

1924-2024

see pgs. 2 & 4

## CITADEL NEWS QUARTERLY

VOLUME 9, ISSUE 1 JANUARY 2024

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:

### GOD IS GOOD ALL THE TIME

**Each day the Lord grants us should be a day of thanksgiving.** Since our God is ALWAYS faithful...we should ALWAYS be thankful for that! Practice being thankful at home each day. Too often people are nice at church and hellions at home. Charity begins at home and THEN spreads abroad. Be nice to the people you are around all the time, too.

**The 100<sup>th</sup> division of the Psalms is entirely a psalm of praise.**

**Consider that when this psalm was written, Jews would travel once a year to Jerusalem to the temple to worship and give thanks!** They would have to leave home focused and determined for the long journey ahead of them. The journey would include intense sun, rain, encounters with dangerous animals and the task

of carrying heavy burdens.

**It would be easy and understandable for them to lose sight of their goal.** As they would approach Jerusalem...they could hear the joyful noise of voices and instruments calling for worship. They would begin to be anxious to "get in on the praise" as when we are about to enter a church where praise and singing is already going forth when we arrive. Each day we awaken...we should be ready to worship and ready to praise...no matter what kinds of obstacles and difficult situations we must face!

**We are finite beings...praising the infinite.** We are weak...praising the Omnipotent. We are foolish...praising the all-wise Almighty God. The Lord

loves it when we thank Him. He is changeless...always the same. God is not concerned if we are rich or poor, Jew or Gentile, from the East Side or the West Side, from the inner city or the suburbs. Being thankful is our duty!. We are commanded to be joyous! It should be a joy to worship...not a chore!

**Joy is not happiness. Joy is ordered.** Joy is determined. REAL joy is God centered...not based on things.

**Happiness is most often:** (1) Things centered. (2) People centered. (3) Event centered.

**The problem with happiness based on things is...we can lose things.** Events can be cancelled. People can change. Since God is good all the time...serving Him is syn-

(Continued on page 2)



#### SCRIPTURE OF THE QUARTER

*"For the Lord is good; His mercy is everlasting; and His truth endureth to all generations."*

*Psalms 100:5*

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## OUR CENTENNIAL CELEBRATION

**By the grace of God, established in 1924, this year, the Cleveland Church of Christ Citadel of Hope Ministries will begin celebrating its 100<sup>th</sup> year anniversary.**

**Events are being planned to celebrate the Centennial Anniversary of our church. Come and help us celebrate each quarter throughout 2024!**

**Stay tuned for important announcements regarding this historical occasion.**

### WORDS FROM BISHOP *CONTINUED*

*(Continued from page 1)*

onymous with worshipping Him. Presenting our bodies unto the Lord as a living sacrifice is the LEAST we can do. (*Romans 12:1*) It is a privilege to serve the Lord. Each of us must avoid “getting beside ourselves” and begin thinking that we do not need to pray and read the Word of God anymore.

**Believers are not just “nicer” than non-believers.** We have just been graced by God to know that He is on our side. God has shown us that He will see us through every difficulty and be with us through all the ups and downs of life. Even through rough storms and trials...we praise God and keep looking up!

**God is God all by Himself. (*Exodus 20:3*)** There is no other gods before Him. The Lord our God is One. (*Deuteronomy 6:4*) God made us. We did not make Him. We are the sheep of His pasture. Sheep cannot feed or protect themselves. They need a shepherd. The Lord Jesus Christ is our Good Shepherd. When we KNOW the Lord is our Shepherd...we shall not want (need) for anything. (*Psalms 23:1*)

**God has healed our bodies and made ways for us so many times.** God is good in every situation. Since God made the world...He can control it.

**Hungry? He is the Bread of Life.** Thirsty? He is the Living Water. Gone astray? He is ready and able to bring you back to your rightful place in Him. Even in the valley of the shadow of death...we fear no evil.

**The book of James tells the believer to “count it all joy.”** Always come into the sanctuary with praise. Never come to church with an attitude, or wait for that “special song,” or that special person to sing before being able to worship. For the Lord is ALWAYS good. His mercy is everlasting. His steadfast love endures forever, and His faithfulness (truth) endures for all generations.

**Every decade of my life...I have been different...always changing.** Not only have I changed, but things in my life have also changed. God, however, has remained good all the time. He has never changed. Despite what we go through, God is STILL good. “Good” is a statement of God’s character. God is good for His: (1) Plans for us. (2) Promises to

us. (3) Protection for us. (4) Pardon for us.

**We have come this far by faith...**leaning on the Lord...and trusting in His Holy Word. Taste and see that the Lord IS good. It is hard to attest to the good taste of food until you have eaten it yourself.

**Consider the great love of God.** The Lord Jesus Christ loved us enough to choose to suffer and die FOR us...rather than GIVE UP on us!

**As Spirit-filled believers in the Lord Jesus Christ...we must stop judging others for their faults and shortcomings.** We all come short of the glory of God. Instead, let the love of God flow THROUGH you. As believers, we do not think we are better than others. We simply love God and have been empowered by Him to walk along side others with patience, longsuffering, love, joy, peace, gentleness, forgiveness, self-control...the fruit of the SPIRIT.

**Just as people follow others on the Internet as “influencers,” we must live our lives as influencers, too.** Let people see what God is doing and has done in your life. Let your light shine, as you walk along side others, so that they may see your good works...and glorify your Father in Heaven.

## 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](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 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 II: Transformed Lives in Christ

January 7.....	God's Workmanship.....	Ephesians 2:1-10
January 14.....	The Household of God.....	Ephesians 2:11-22
January 21.....	A High Calling.....	Ephesians 4:1-16
January 28.....	God-Honoring Families.....	Ephesians 5:21—6:4

### UNIT III: Lives Worthy of Christ

February 4.....	Spiritual Armor.....	Ephesians 6:10-24
February 11.....	The Supremacy of Christ.....	Colossians 1:15-28
February 18.....	Complete in Christ.....	Colossians 2:6-19
February 25.....	A Plea for Christ-like Forgiveness .....	Philemon 1:4-21

## NEW MEMBERS

WE WELCOME THE FOLLOWING INDIVIDUALS WHO BECAME A PART OF THE CLEVELAND CHURCH OF CHRIST CITADEL OF HOPE FAMILY FROM OCTOBER 2023 THROUGH DECEMBER 2023.



Fatiha Ali  
David I. Bowie  
Kristian K. Braun  
Demarion L. Coleman  
Mariah R. Coleman  
Shy'Nique Coleman  
Nina E. Davis  
Zoe D. Davis

Demeter M. Edwards  
Alonte Mason  
Janae L. Mason  
Latonya K. Owens  
Antaniece Paradise  
James Paradise  
Ariana N. Royal  
Linda J. Wells

## CENTENNIAL ANNIVERSARY CELEBRATION

### 100 Years Preaching the Gospel of the Lord Jesus Christ

#### THEME

*“Still Standing on the Great and Precious Promises of God”*

**Sunday, January 28, 2024**

**11 AM**

#### SPECIAL GUEST

**Pastor Shawn C. Woodie**

and the

**Outreach Community Church of God in Christ**

**4047 Fullerton Avenue**

**Chicago, Illinois 60639**

#### BE HAPPY, FEEL BETTER, LIVE LONGER BY VOLUNTEERING

Volunteering is associated with reduced depression, better overall health, fewer functional limitations, and greater longevity. A couple of heart-healthy benefits allow you to be more physically active and reduce stress.

- ◆ Reduce stress.
  - ◇ By focusing on others, you place less emphasis on your problems and the causes of stress in your life.
- ◆ Volunteers tend to be more physically active.
  - ◇ Being up and around helping others means you're spending less time sitting.
  - ◇ The more physical activity you fit in your day, the greater the benefits for weight management and blood pressure control.

Volunteering about 100 hours per year or two to three hours per week has been shown to offer a health boost. Experts say the key is to do something you find enjoyable and rewarding. That way, you'll be more likely to stick with it.

## JANUARY NEWS

**Get a Checkup ONCE A YEAR!** Be sure to see your health care provider once a year for a checkup. This visit is important for your health and wellness. Getting checkups when you are not sick gives time to form a trusting bond with your health care provider and to set goals for your health.

Preventing disease before it starts is vital to helping people live longer, healthier lives. Preventive health care includes immunizations and screenings for common chronic and infectious diseases and cancers. Preventive care also includes clinical and behavioral interventions to manage chronic disease and reduce associated risks. Counseling can help you manage a chronic disease and live a healthier life. Your health care provider can help to connect you to counseling and education services and programs.

During your visit, your health care provider may:

- Update the health risk assessment you completed
- Update your medical and family history
- Check your weight and blood pressure

- Update your list of current medical providers and suppliers
- Screen for cognitive, or mental issues
- Update your written screening schedule from past wellness visits
- Update your list of risk factors and conditions and the care you are getting or that is recommended
- Give health advice and referrals
- Review and update your medications.

To get ready for your checkup

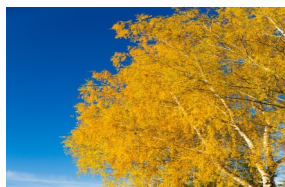
- Make a list of all the medicines you take
- Fill out forms in advance if you can, especially if your address, phone number or other information has changed
- Write down any questions or concerns.

*For more information, you may visit [CareSource.com](http://CareSource.com).*

## JANUARY IS THE MONTH FOR REMEMBERING:

International Quality of Life  
National Fit and Family  
Mental Wellness  
National Stalking Awareness and  
Prevention  
Get Organized  
National Glaucoma Awareness  
Poverty Awareness  
Financial Wellness  
Dry January  
National Sunday Supper  
National Slavery and Human Trafficking  
Prevention  
National Thank You  
Reading & National Book  
National Eye Care  
National Mentoring Awareness  
National Radon Action

National Blood Donor  
National Birth Defects Prevention  
Cervical Health Awareness  
Healthy Pregnancy Awareness  
Hearing Loss Awareness  
National Healthy Weight Awareness  
National Folic Acid Awareness  
National Winter Sports Traumatic Brain  
Injury Awareness



January Symbol—Birch Tree

### JANUARY DAYS TO REMEMBER:

**15**

DR. MARTIN LUTHER KING, JR. DAY  
OF SERVICE

**23**

MATERNAL HEALTH AWARENESS

**30**

WORLD LEPROSY



## FEBRUARY NEWS

There are **Seven Illnesses Your Child May Catch This Winter**. They are the Common Cold, Respiratory Syncytial Virus (RSV), Flu, Ear Infections, Gastroenteritis (stomach flu), Croup, and/or Strep Throat. Signs, home treatment, and when to call the doctor are given below for each.

Cold symptoms include a runny nose, sneezing, mild fever, poor appetite, cough, sore throat and/or swollen glands. The nostrils should be cleared with a suction bulb or saline drops. A cool-mist humidifier in the room at night will help ease sleep. Call the doctor if the child is three months or younger, has trouble breathing, blue lips or nails, a temperature of 102<sup>+</sup>, ear pain or if symptoms last longer than one week.

RSV symptoms are the same as the common cold and there may be wheezing or grunting with each breath. To treat at home, give fluids, use a cool-mist vaporizer, and clear the nose. A pain reliever can be used, making sure to check the label for correct product (do not give a child aspirin) and dosage. Call the doctor for the same reasons as a cold, in addition to extreme fatigue and thick, colored nasal discharge or a worsening cough.

Signs of the Flu are fever, fatigue, sore throat, stuffy nose, sometimes vomiting, diarrhea and aching head, body or muscles. Practice prevention by having the child receive a yearly flu shot starting at six months. If the child becomes ill, rest and water work best. If the child is younger than five or has a chronic illness, has trouble breathing, irritability, a lack of interaction, or the symptoms improve and then come back; call the doctor.

Ear infection signs include fever, fluid draining from the ear, trouble sleeping and/or possible hearing loss. Put a warm, moist cloth over the painful ear. Acetaminophen or ibuprofen can also ease the ache. If the child has a fever greater than 100.4, or if there is blood and/or pus oozing from the child's ear(s), call the doctor.

The stomach flu presents with symptoms of a fever, stomach or abdominal pain, vomiting and/or watery diarrhea. You should encourage rest, provide plenty of fluids, and encourage the child to eat a regular diet. If there is blood or brightly-colored bile in the vomit; signs of dehydration; less urine and fewer tears; or the child has sunken eyes and/or weight loss, it is time to call the doctor.

Croup presents itself as barking or a hacking cough that worsens at night. Moist air helps. Use a humidifier or sit in a steamy bathroom with the child for ten minutes. Call the doctor if the child has trouble breathing or makes a high-pitched noise when inhaling. Call the doctor also for a dark or bluish skin tone around the face or fingernails.

Severe pain when swallowing, tiny red spots on the roof of the mouth, a high fever, white patches on the tonsils, swollen lymph nodes in the neck and/or decreased appetite signals strep throat. Gargle with warm salt water and treat pain with acetaminophen or ibuprofen. If the symptoms given above are present, call the doctor.

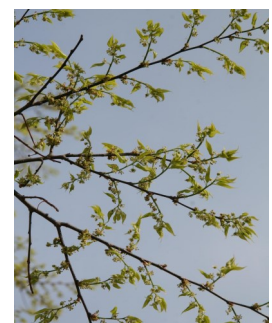
*Dr. Carmen Hansford, Pediatrician, Elyria Pediatric Care, Clinical Instructor, Case Western Reserve University School of Medicine. Also University Hospitals Rainbow Babies & Children, UHRainbow.org 216-877-8671.*

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## FEBRUARY IS THE MONTH FOR REMEMBERING:

Kids ENT (ear, nose, throat) Health  
 Black History  
 American Heart  
 Age-Related Macular Degeneration (AMD)/Low Vision Awareness  
 National Dental and Children's Dental Health  
 National Cancer Prevention  
 Recreational Therapy  
 Career and Technical Education  
 Gap Year Awareness

International Prenatal Infection Prevention  
 National Library Lovers  
 National Teen Dating Violence Awareness and Prevention  
 National Eating Disorders  
 National Wise Health Consumer  
 Aging and Mental Health Awareness  
 National Condom  
 National Self-Esteem  
 National Senior Independence



February Symbol  
 Hackberry Tree

## MARCH NEWS

**DEVELOPMENTAL DISABILITIES** are a group of conditions due to an impairment in physical learning, language, or behavior areas. These conditions begin during the developmental period, may impact day-to-day functioning and usually last throughout a person's lifetime. Most developmental disabilities begin before a baby is born, but some can happen after birth because of injury, infection, or other factors. The complex mixture of actions that may cause the disabilities can include genetics, parental health and behaviors (such as smoking and drinking) during pregnancy. Additionally, the environment and untreated conditions at birth may be factors.

Skills such as taking first steps, smiling for the first time, and waving "bye bye" are called developmental milestones. If a child's development is in question, there should be developmental monitoring. This is an active, ongoing process of watching a child grow and encouraging conversations between parents and providers about a child's skills and abilities. Parents, grandparents, early childhood education providers, medical, and other caregivers can participate in developmental monitoring.

Developmental screening is more formal than developmental monitoring. It is a regular part of some well-child doctor visits even if there is not a known concern. The American Academy of Pediatrics (AAP) recommends developmental and behavioral screening during regular well-child visits for all children at the ages of 9, 18, and 30 months. In addition AAP recommends that all children be screened specifically for Autism Spectrum Disorder during regular well-child visits at 18 and 24 months. If your child is not tested, you may ask the doctor to do so. You may specifically ask about research-based screening questionnaires and checklists that have been developed for developmental screening.

Children and adults with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community. Having a disability does not mean a person is not healthy or that they cannot be healthy. Being healthy means getting and staying well so we can lead full, active lives. Therefore, it is very important for children with developmental disabilities to see a health care provider regularly.

*Taken from various articles at the Center for Disease Control and Prevention website, 1989-2019.*

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## MARCH IS THE MONTH FOR REMEMBERING:

Nat'l Developmental Disability Awareness  
National Cyberbullying Awareness  
National Frozen Food  
Brain Awareness  
Women's History  
National Endometriosis Awareness  
Myeloma Action  
National Colorectal Cancer Awareness  
Workplace Eye Wellness  
National Problem Gambling Awareness  
Child Life  
Mental Retardation Awareness  
National Sleep Awareness  
National Professional Social Work  
Gender Equality

March for Meals  
National Breakfast  
American Red Cross  
Cerebral Palsy Awareness  
National Eye Donor  
Bleeding Disorders Awareness  
National Brain Injury Awareness  
National Kidney  
National Nutrition  
Nat'l Multiple Sclerosis Educ. & Awareness  
Save Your Vision  
National Cheerleader Safety  
National Athletic Training  
Prescription Drug Abuse Prevention  
Music in our Schools

Youth Art  
Middle Level Education  
Trisomy Awareness  
National Poison Control Prevention  
Deep Vein Thrombosis & Pulmonary  
Embolism Awareness



March Symbol—Ash Tree

**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)**



#### **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 2-3, 2024**

**March 1-2, 2024**

**April 5-6, 2024**

**Thank you to all who provided  
information for this Issue!**

**THANK YOU FOR VISITING US ONLINE!**

**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.**

#### **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 newsletter proposals to the Administrative Office on or before Friday, March 15, 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  
April 7, 2024.*