

CITADEL NEWS QUARTERLY

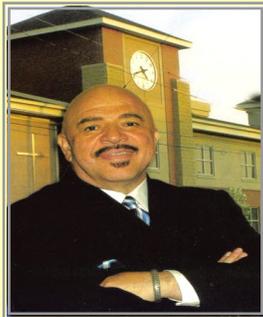
Bishop Lincoln C. Houghton, III, Senior Pastor and Chief Executive Officer

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

JULY 2022

VOLUME 7, ISSUE 3

Words from the Bishop: Power of the Spoken Word



How wonderful it is to be baptized in the name of the Lord Jesus Christ...who is our Master, King, Anointed One, Priest, and Prophet forever!. He IS the Living Word. Through His Word we have learned the power of words. Words can either build up or tear down.

Television and social media have shown that words matter more than ever in our world today. There is great focus on the rights of individuals and the right of free speech. As a believer, it is imperative that we remember God has a record of what we say. Some words, once spoken, can never be completely retracted. To illustrate this point, the feathers of a chicken, for example, once removed can NEVER be put back on the chicken again.

Words possess power. God spoke the world into existence. Genesis 1:1-3 records "In the beginning God created the heavens and the earth...and God said Let there be light."

Parents and adults responsible for raising children must be mindful of what they say to the children in their care. It is important to speak blessings in the home and over the children. Believers must learn to work the Word of God into their daily lives. We have learned that we can call on God and expect an answer from Him.

Even if the parent does not know how to do the math problem, the parent can speak blessings over the situation. For example, a believing parent might say, "Even though I do not know how to do this problem, I thank God that God is going to help you stay encouraged to keep working on the problems and that He will lead you to the teachers or persons who can guide you into how to solve the problems successfully."

Words must also be used to correct and teach a child when it is small. What is cute at four years old is **not** cute when it comes out the mouth of a 14 year old. Believers are taught in the Word of God to train up a child in the way that it should go, so that when it is old, he will not depart from it. Children MUST be brought to church WITH their parents...not just SENT to church. Children learn much more quickly when there are rules and guidelines set for them to follow and stay in line with as they grow. When Christ is the standard for parents, the child has an example to follow.

God desires believers to help develop and cultivate new fruit (souls) for the kingdom. There should always be growth when we stay connected to the True Vine. Our faith is never to be founded upon what country we live in, who is in the White House, or even how we are treated. When God is my Keeper, I understand that He alone is my Provider, the Light of my life, my joy...my everything.

(Continued on page 3)

SCRIPTURE OF THE QUARTER

So, Jesus answered and said to them, "Have faith in God. For assuredly, I say unto you, whoever says to this mountain, "Be removed and be cast into the sea" and does not doubt in his heart, but believes that these things he says will be done, he will have whatever he says.

Mark 11:22-23



INSIDE THIS ISSUE:

<i>Sunday School & Corporate Fasting</i>	2
<i>Words cont'd & Education Sunday</i>	3
<i>July News</i>	4
<i>August News</i>	5
<i>September News</i>	6
<i>New Members & Information Differences</i>	7
<i>Church & Other News</i>	8



SUNDAY SCHOOL NEWS

Sunday School classes are still being 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 Spring 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 Training Summer Quarter, 2022

UNIT II: Faithful to Prophecy

- July 3.....Haggai Calls for Faithful Service.....Hag. 1:1-11
- July 10.....Micah Stands Firm for God.....Mic. 2:4-11
- July 17.....Habakkuk Praises God's Faithfulness.....Hab. 2:1-5; 3:17-19
- July 24Ezekiel Brings Hope to Israel.....Ezek. 37:1-14

UNIT III: Faithful to Heal

- July 31.....Jesus Heals a Centurion's Servant.....Luke 7:1-10
- Aug. 7.....Jesus Heals Two Demoniacs.....Matt. 8:23-34
- Aug. 14.....A Lame Man Healed.....Acts 3:1-16
- Aug. 21.....Ananias Heals Saul.....Acts 9:10-20
- Aug. 26.....Miracles on MaltaActs 28:1-10

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. The next Corporate Fasting dates are given below:

August 5-6, 2022

September 2-3, 2022

October 7-8, 2022



Words from the Bishop, continued

(Continued from page 1)

When we pray we must believe that we receive. The Word promises we shall have what we say. We must speak to the mountain for it to be removed. With the miracle of five loaves of bread and two fish, Jesus spoke to the disciples and instructed them what to do in Matthew 14:15-20. The Word of God records that the disciples were able to feed around five thousand men, which would total almost twenty thousand when counting women and children in the multitude

Do not allow people around you to limit what you believe and what you speak before the Lord. There are people who do not want you to be blessed. Many

people know and can quote the Word of God and even have the gift to explain it. It is another thing to live the Word of God in our daily lives.

The indwelling of the Holy Ghost must move from head knowledge to the heart. Salvation is an inside job. The Holy Ghost is not about the dancing and shouting. It is all about how we are living. Being led by the Holy Ghost will move the believer from success to significance. The Lord Jesus Christ said to His disciples that those who follow after Him would do even greater works than He.

Death and life are in the power of the tongue. We will eat the fruit of our own words. A husband should build up his wife and encourage her. A wife should

build up her husband and encourage him. Children should be encouraged and praised by their parents.

Calling a child “dumb” or other awful names or saying that they are like their “no good daddy” will serve only to reinforce low self-esteem and lack of confidence. Instead speak blessings into a child’s life.

Finally, do not get weary or lazy in your prayer life or church attendance. The Word admonished us to not get weary in well doing...for in due season...we shall reap a harvest if we faint not. Remain diligent with reading, believing, studying, meditating on, and doing the Word of God. Stay on the side victorious!

SPECIAL ANNOUNCEMENT

ANNUAL “EDUCATION DAY” at the CITADEL Sunday, July 24, 2022—3:00 P.M.

This year, Education Day will be held virtually via Zoom at 3 :00 P.M. on Sunday, July 24, 2022

Education Day is special recognition for **MEMBERS** of the Cleveland Church of Christ Citadel of Hope Ministries, who are **Class of 2022** graduates from:

- High School
- Trade School or Other Educational Program
- College/University
- Graduate School

HOW TO APPLY

Education Day Application forms can be completed online or you may print the application from our website, clevelandchurch.org, to fill out and submit to the Administrative Office. Hard copies of the application are also available in the Administrative Office.

Completed applications and a copy of your **diploma or degree**, must be returned to the Administrative Office **on or before Sunday, July 10, 2022**. If possible, include a graduation/commencement photo with your application. Applications will **NOT** be accepted after the July 10, 2022 deadline.

Zoom access information will be provided after applications have been reviewed. Contact the Administrative office if you have any questions: 216-761-4500 or CLECitadel@gmail.com.



JULY NEWS

July is the Month for:

Drug Abuse Awareness
National Parks and Recreation
National Grilling
Ultra Violet Safety
Eye Injury Prevention
Summer Heat-related Dangers
Eat It Fresh
Juvenile Arthritis
International Group B Strep
Teen Depression
Hemochromatosis Awareness
Psoriasis Awareness
National Cleft and Craniofacial Awareness Prevention
Herbal and Prescription Interaction
Fireworks Safety
National Minority Mental Health Awareness
Cord Blood Awareness
Sarcoma Awareness
Donate Life ECHO (Every Community has Opportunity)

July Days to Remember:

7/4 Independence Day
7/28 World Hepatitis Day
7/31 Heat Stroke Prevention Day

PROTECT YOURSELF FROM THE DANGERS OF EXTREME HEAT

The effects of rising temperatures and extreme heat result in numerous illnesses and deaths each year. For many people, warm weather is a time for fun-filled outdoor activities. However, hot weather and outdoor activities don't always mix well. Especially during periods of extreme heat—times when temperatures are substantially hotter and/or more humid than average for a location and date.

Extreme heat can cause people to suffer from heat-related illness, and even death. People suffer heat-related illness when their bodies are unable to properly cool themselves. Older adults, young children, and people with chronic medical conditions are at high risk for heat-related illness and death.

When planning outdoor summer activities pay attention to the reported air-quality index, especially if you have asthma or another lung disease. Extreme heat in your area should be tracked.

During times of extreme heat, stay in air-conditioned locations as much as possible and drink plenty of fluids even if you don't feel thirsty. Outdoor activities should be scheduled carefully. Loose, lightweight, light-colored clothing and sunscreen should be used. Take cool showers or baths to cool down and pace your activities. Check on a friend or neighbor and have someone do the same for you. Never ever leave children or pets in cars. Check your local news for health and safety updates.

Content source: National Center for Environmental Health, last reviewed 7/15/2020.

BLACK AND AFRICAN AMERICAN COMMUNITIES AND MENTAL HEALTH

About 13.4% of the U.S. population identify as Black or African American. Of those 16% have reported having a mental illness in the last year. This is over seven million people. That is more than the total population of Chicago, Houston, and Philadelphia.

Overall, mental health conditions occur in Black and African American (B/AA) people in America at about the same or less frequency than in White Americans. However, the historical B/AA experience in America has and continues to be characterized by trauma and violence more often than for their White counterparts and impacts emo-

tional and mental health of both youth and adults.

Historical dehumanization, oppression, and violence against B/AA people has evolved into present day racism—structural, institutional, and individual—and cultivates a uniquely mistrustful and less affluent community experience, characterized by a myriad of disparities including inadequate access to and delivery of care in the health system. Processing and dealing with layers of individual trauma on top of COVID-19, Monkey pox, grief from financial or human losses, police brutality, and political rhetoric

adds to an individual's ability to manage responsibly.

Help-seeking behavior is affected by mistrust of the medical system and often begins with faith-based outreach. Mental Health America often shows that many B/AA plan to seek help for things such as depression, but find that B/AA providers are scarce and make up a very small portion of the behavioral health provider workforce. B/AA men are especially concerned with the stigma of mental health.

From the Mental Health America Website, copyrighted 2022.



AUGUST NEWS

August is the Month for:

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

August Weeks to Remember:

8/1-7 World Breastfeeding

8/7-13 National Health Center

August Days to Remember:

8/1 World Lung Cancer

8/2 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

8/30 International Overdose Awareness

VACCINE SAFETY—PROTECT YOURSELF WITH VACCINATION

There are many important reasons to get vaccinated. Talk to your doctor to make sure you are up to date on the vaccines that are right for you. Vaccines are not just for children, grown-ups need them throughout their lives too! Why vaccinate?

Here are some important reasons to vaccinate:

- Vaccines save lives.
- You can reduce the chance of spreading disease.
- With a vaccine if you smoke or have a chronic health condition, vaccine preventable diseases can be headed off.
- You don't have time to get sick, and it's costly.
- It protects your health when you travel.

The safety of vaccines is thoroughly studied before they are licensed for public use. There is a strong system in place to help scientists monitor the safety of vaccines. Like any medicine, vaccines can cause side effects. However, serious adverse events from vaccines are rare. It is safe to receive several different vaccines during one visit. Combination vaccines are also effective. If there is still doubt, you can play a role in monitoring the safety of vaccines. Health officials are continuously monitoring information from many sources for any clues that a particular vaccine may cause an adverse health event. As a result, the United States has one of the best vaccine safety programs in the world.

From the Centers for Disease Control and Prevention website.

FAMILY FUN MONTH

Each year, Family Fun Month is celebrated throughout the month of August. It is the opportune time to enjoy family with extra fun and activities. The origins of Family Fun Month have not been determined. However, you should use your imagination, spend time together and just have fun! Post on social media using #FamilyFunMonth to encourage others to join in. Following are some things you may want to do:

- Order pizza and watch a movie in the backyard
- Go camping
- Take a vacation
- Go out for ice cream
- Enjoy a backyard campfire
- Build a backyard fort
- Take a family bike ride
- Take a day trip to the zoo
- Go fishing or hiking
- Go for a day at the park
- Make a talent show
- Cook meals together
- Have a karaoke night

www.NationalDayCalendar.com



SEPTEMBER NEWS

September is the Month for:

Newborn Screening Awareness
Baby Safety Awareness
Gynecologic Cancer Awareness
National Childhood Cancer Awareness
National Lice Prevention
National Menopause Awareness
National Aging
World Alzheimer's
National Fall Prevention
National Atrial Fibrillation Awareness
National Food Safety
Fruits and Veggies—more matters
National Sickle Cell Anemia Disease Awareness
National Cholesterol Education
National Ovarian Cancer Awareness
Healthy Aging
Craniofacial Acceptance
Leukemia and Lymphoma Awareness
National Yoga
Reye's Syndrome Awareness
Whole Grains
Sports and Home Eye Safety
National Preparedness
National Traumatic Brain Injury Awareness
Pain Awareness
National Prostate Cancer Awareness
Sepsis Awareness
Sexual Health Awareness
Suicide Prevention
Hunger Action (Feeding America)
Sports Eye Injury Awareness
National Gingivitis Awareness
Black Cancer Awareness
National Library Card Sign Up
Positive Parenting
National Skin Awareness
Audiology and Speech Awareness
National Child Car Seat Safety
Senior Safety Awareness
National State College Campus Awareness
National Alcohol and Drug Addiction

September Week to Remember:

9/14-10 National Suicide Prevention

September Days to Remember:

9/5 Labor Day
9/8 Meningitis Awareness
9/10 World Suicide Prevention
8/11 Grandparent's Day
9/11 National Day of Service and Remembrance
9/16 World Bone Marrow
9/21 World Alzheimer's
9/21 International Day of Peace
9/22 Fall Prevention Awareness
9/28 Women's Health and Fitness
9/29 Family Health and Fitness
9/29 World Heart

Atrial fibrillation is an irregular and often rapid heart rate that can increase your risk of stroke, heart failure and other heart-related complications.

During atrial fibrillation, the heart's two upper chambers (the atria) beat chaotically and irregularly—out of coordination with the two lower chambers (the ventricles) of the heart. Atrial fibrillation symptoms often include heart palpitations, shortness of breath, fatigue, dizziness, confusion, and weakness. If there is chest pain, it could signal a heart attack.

Episodes of atrial fibrillation can come and go, or you may develop atrial fibrillation that doesn't go away and may require treatment. Although atrial fibrillation itself usually isn't life-threatening, it is a serious medical condition that sometimes requires emergency treatment. If you have any symptoms of atrial fibrillation, make an appointment with your doctor. Your doctor may order an electrocardiogram to determine if your symptoms are related to atrial fibrillation or another heart rhythm disorder (arrhythmia).

All or any of the symptoms may lead to complications. Atrial fibrillation can lead to blood clots forming in the heart that may circulate to other organs and lead to blocked blood flow (ischemia). Treatments for atrial fibrillation may include medications and other interventions to try to alter the heart's electrical system.

Information retrieved from the Mayo Clinic.



WELCOME NEW MEMBERS



Journey to His house
and be welcomed into
our family!

The following are welcomed to the Cleveland Church of Christ Citadel of Hope Ministries family. They joined in April, May, and June 2022.

Carlotta V. Burgan	Jeremy J. Norman	Ti-Quawn T. Smith
Deonna M. Daniels	Destiny N. Rogers	Ti-Quetta T. Smith
Lashonda L. Harris	Betty L. Russell	Marquetta L. Wallace
Damarion Harris-Huff	Rashod N. Sims	Prophet D. Wallace
Roselyn L. Hudgins	Madison Slay	Jeremiah Wilhoite
Tywon W. Jones	Edward M. Slay, Jr.	Zahria T. Young

MISINFORMATION vs. DISINFORMATION: HOW TO TELL THE DIFFERENCE

Adapted from Reader's Digest READ UP April 30, 2022

There are two forms false information can take—misinformation and disinformation. So what's the difference? **Misinformation** contains content that is false, misleading, or taken out of context and shared without an intent to deceive. **Disinformation** is purposefully false or misleading content created with an intent to deceive and cause harm. Misinformation doesn't just cause unnecessary confusion. It can lead to real harm. It prevents people from making truly informed decisions, and it may even steer people toward decisions that conflict with their own best interests. Once a person adopts a misinformed viewpoint, it's very difficult to get them to change their position. Disinformation is typically motivated by three factors: political power or influence, profit, or the desire to sow chaos and confusion. This type of fake information is often polarizing, inciting anger, and other strong emotions. It can lead people to support extreme views—even conspiracy theories—without room for compromise.

In general, the primary difference between disinformation and misinformation is intent. Both are forms of fake information. Disinformation is created and shared with the goal of causing harm. Usually, misinformation falls under the classification of free speech. But disinformation often causes slander or hate speech against certain groups of people, which is not protected under the First Amendment. Another difference between the two is how widespread the information is. Misinformation tends to be more isolated. Disinformation has multiple stakeholders involved. It's coordinated and it's hard to track.

Things to keep in mind—Misinformation often contains a kernel of truth and it also often contains highly emotional content. If something is making you feel anger, sadness, excitement, or any big emotion, stop and wait before you share. The stuff that really gets us emotional is much more likely to contain misinformation. Consider the claims of false COVID-19 information as well as information about the 2016 and 2020 Presidential elections. Disinformation can look like phone or text scams. Employ a healthy dose of skepticism anytime you see an image. Images can be doctored. To determine if an image is misleading, try to do a reverse image search on Google to see where else it has appeared. Consider the source. Before sharing something, make sure the source is reliable. In fact, it is a good idea to see if multiple sources are reporting the same information. If not, your original source may not be trustworthy. When in doubt, don't share.

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

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



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

All newsletter submissions must be presented to the Administrative Office on or before the third Sunday of the beginning of each quarter.

All proposals/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.

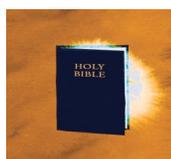


The next issue will be available on Sunday, October 2, 2022.

**WE ARE ON THE WEB. JOIN US
ON OUR WEBSITE AT:
WWW.CLEVELANDCHURCH.ORG**

**Thank you to all who
contributed to this
Issue of the *Citadel
News Quarterly*!**

The WORDS OF HOPE BOOKSTORE is open again! Stop by the Words of Hope Bookstore after service. You will find a wide variety of Bibles, books, CDs, and T-shirts. T-shirts come in a variety of sizes and colors. Items may be purchased on your visit. Given certain circumstances, items may also be ordered for future delivery.



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.