God has cleared the way for us through His only Son, the Lord Jesus Christ, shedding His Blood at Calvary. It heals, protects, lifts us up and sees way down life’s road. His Blood has kept us from being in the grave today.

In the Bible, to live a healthy life, people had to draw water from a well to have a regular supply of clean water. As the natural body needs nourishment...so the spiritual body does as well.

The spiritual well which we draw from is the Word of God. The Bible instructs us in Isaiah 12:3 to “draw water out of the wells of salvation.” Jesus said His words are Spirit and they are Life! The Holy Spirit gives life to the Word.

Hebrews 2 reminds the believer that there is NO ESCAPE if we neglect the offer of salvation God has given to man. God spoke the Word, the Lord Jesus Christ confirmed and fulfilled the Word, and the apostles witnessed the Word made flesh.

In spite of these truths, our flesh can actually get tired of hearing the Word of God. We may not even appreciate people as much until they are not there.

How important is salvation to you? Is there a sense of “greatness” in your mind about your own salvation? Where your heart is there is your treasure. We tend to store important documents, such as a will or deed to a house, in a safe or secure location.

Have you stored up the Word of God and the promises of God in your heart and mind to be able to keep an attitude of praise. In THIS life, it is imperative for YOU to rejoice and praise God always. The Bible says, EVERYTHING that has breath should praise God. Every believer must be careful not to neglect God’s plan for his or her life. Our salvation was bought and paid for by the Blood of Jesus Christ. We have His protection and are confident that even angels are encamped around the righteous. Because of His strength, we can do all things through Christ. Salvation is a free gift to all who call on the name of the Lord. God’s grace offers the removal of His wrath to all believing men and women who call on and run into that great name Jesus!

Because of Christ, we have free access to God’s grace, which is sufficient for each day, providing
the victory for us over EVERYTHING which comes against us. The precious gift of the Holy Ghost provides power for the believer to live holy...one day at a time and to remain in fellowship with God, our Father, and with Christ, our older Brother.

As believers, we have access to the INEXHAUSTIBLE promises of God... “Lo I am with you always.” “No weapon formed against me shall prosper.”

Each of us must pay closer attention to what we HAVE in Christ and what we ARE in Christ. By staying closer to God, we are able to walk in the miraculous. Our God is a God who saves people, not One who condemns people. His Word reminds us that in the world, we SHALL have tribulation...but to be of good cheer for Christ has already OVERCOME the world.

In the world we have tribulation. In the WORD, we have victory ALL the time. If He is in us and we are in Him, we have overcome the world too.

Life comes at you fast. One day you can have a good doctor’s report and the next visit be told to start packing your things and getting your house in order. As we would not attempt to cross the desert without water, we should not attempt to make it through this dry and thirsty world without the life giving Word to nourish, strengthen, and sustain us.

Some of the dry places we encounter in this world include fear, hurt, disappointment from trusting in people or in a system, and covetousness (wanting something others have or seem to have.)

Psalm 68:20 teaches us that our God is a God of salvation. In addition to referring to the saving of a soul, a salvation also refers to rescue, deliverance, redemption, and resistance to sin.

The Word of God is our ONLY effective weapon against sin in this world. Attempts to seek peace and deliverance through worldly desires will ultimately only produce failure and disappointment.

If drugs, alcohol, and sexual behavior could yield enduring joy and peace, there would not be such a high number of people in bondage to addictions and depression. There would not be people who begin to feel suicide is their only choice.

When our joy is based on Jesus, this “high” is permanent and always good for the body and soul. When the cares of life are attacking on every side, we draw water from the wells of salvation: “Weeping may endure for a night...but JOY comes in the morning...” and “For everything there is a season...” and “No weapon formed against me shall prosper.”

Let the Word of God dwell in you richly, refresh you, and keep you in perfect peace. Matthew 5:9 teaches us “Blessed are the peacemakers for they shall be called the sons of God.” Get into the Word of God and let it “cut the junk” off from life.

The devil seeks to deceive mankind to believe there is not enough “time” in our “busy” schedules to worship. The devil is a liar. We should not only go to church, but STAY in church.

God gives us health, strength, shelter, food, and clothing. To thank Him for all His many blessings, church requires only two hours out of the 168 hours in the week that God has blessed us to live. By hearing and taking heed to the preached Word of God, the Word adds immeasurable blessings to our nature and spiritual lives.
Facts about COVID-19

KNOW THE FACTS ABOUT CORONAVIRUS DISEASE 2019 (COVID-19) AND HELP STOP THE SPREAD OF RUMORS

FACT 1 Diseases can make anyone sick regardless of their race or ethnicity. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2 For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low. Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3 Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people. For up-to-date information, visit CDC’s coronavirus disease 2019 web page.

FACT 4 There are simple things you can do to help keep yourself and others healthy. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Avoid touching your eyes, nose, and mouth with unwashed hands. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5 You can help stop COVID-19 by knowing the signs and symptoms: (1) Fever, (2) Cough, and (3) Shortness of breath. Seek medical advice if you Develop symptoms and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19. Taken from cdc.gov/COVID-19.

According to Ohio Governor Mike DeWine and the State Health Department the best way to help combat the spread of the COVID-19 disease at this time is to adhere to the state-mandated stay at home order. Further, if you absolutely must go out, stay to yourself and do not gather in groups of more than ten people. Taken from the official site of OHIO.gov.
New Members & Other News

We welcome the following New Members who became a part of the Cleveland Church of Christ Citadel of Hope Ministries family from January 12–March 15, 2020.

Juanita Alexander
Latif D. Brown
Tan’Deka Darby
Elizabeth Martin
Shamar Martin
Jimmy Oliver
Markita Pinkney
Levada T. Spraggins

More Coronavirus News

Governor Mike DeWine has extended school closures to May 1. That not only continues the new light that families have been thrust into, but it makes us think about the new terminology that has come with the Coronavirus. We must Shelter in Place, not to induce panic, but to simply stay at home except for carrying out essential activities. That helps to promote Social Distancing which deliberately increases the physical space between people to avoid spreading diseases. So self-quarantining for 14 days is a new norm to detect whether you may have the Coronavirus.

There are several companies that are hiring in this Coronavirus time if you have been displaced in the present work place. You should go online with the company name to get details. The ones that came up readily when I went on line are: Amazon, FedEx, Giant Eagle, Target, and Walmart. Some were offering part-time as well as full-time.

WorkNOW: Construction Initiative is an Urban League of Greater Cleveland workforce development program in partnership with the Construction Employers Association. The four to six-week soft skills training program was developed for minority and female populations who are seeking employment and career opportunities in building trades. Prospective job candidates in the Greater Cleveland area receive a stipend, hands-on instruction, and exposure to construction projects and professionals from Urban League employer partners. More information at ulcleveland.org.

Citadel Basketball Association “CBA” 2020 Season

POSTPONED

League Commissioner 216-256-3182
April 2020 is the Month for:
Sexual Violence Awareness
Sexual Assault Awareness
National Cancer Control
National Sarcoidosis Awareness
National Sexually Transmitted Diseases/Infections
STD & STI Awareness
Cesarean Awareness
National Alcohol Awareness
Counseling Awareness
National Volunteering
Testicular Cancer Awareness
Irritable Bowel Syndrome (IBS) Awareness
March for Babies
National Donate Life
Foot Health Issues related to Diabetes Awareness
Defeat Diabetes
Rosacea and National Autism Awareness
Sports Eye and Women’s Eye Health and Safety
National Distracted Driving Awareness
Oral, Neck, and Head Cancer Awareness
Esophageal Cancer Awareness
Stress Awareness
National Humor
National Occupational Therapy
National Facial Protection
Parkinson’s Disease Awareness
Soy Foods Awareness
National Child Abuse Prevention and Neglect Awareness
National Minority Health and Health Disparities

April 2020 Days to Remember:
4/1  International Fun at Work
4/2  World Autism Awareness
4/5  Palm Sunday
4/5-11  Oral, Head, and Neck Cancer Awareness
4/6-12  National Public Healthy Week
4/7  World Health
4/9  National Alcohol Screening
4/10  Good Friday
4/10  National Youth HIV and Aids Awareness
4/11  World Parkinson’s
4/12  Easter Sunday
4/17  World Hemophilia
4/25  National DNA
4/25  World Malaria
4/28  World Day for Safety and Health at Work

EASTER

With all that is April 2020, and what is happening in the world today, we must remember the season set aside for our Lord and Savior, Jesus Christ. What do those larger days shown above mean?

Palm Sunday commemorates the entrance of Jesus into Jerusalem (Matthew 21:1-9), when palm branches were placed in his path, before his arrest and trial on Holy Thursday. Thus Palm Sunday marks the beginning of Holy Week, the final week of Lent.

Good Friday is one of the most important days in the Holy Week. Good Friday marks the crucifixion and death of Christ. On this day, many Christians somberly reflect upon Christ’s sacrifice for their sins.

Easter is sometimes called Resurrection Sunday, a holiday commemorating the resurrection of Jesus from the dead. The New Testament describes this as having occurred on the third day after his burial following his crucifixion by the Romans. We celebrate Easter to worship our eternally perfect God who gave up His rights and Life to restore and save our right to life.

Sources: Wikipedia.org, Parade.com, and Finds.Life.Church
May 2020 is the Month for Awareness of:
National High Blood Pressure Education
National Maternal Depression
National Mental Health
American Stroke
International Mediterranean Diet
Hepatitis & National Lupus
National Asthma and Allergy
Better Sleep & Clean Air
Lyme Disease
National Physical Fitness and Sports
Melanoma Skin Cancer Detection and Prevention
National Lupus & Cystic Fibrosis
National Celiac Disease
Healthy Vision & Water Safety
Better Hearing and Speech
Building Safety
Correct Posture
Food Allergy Action
Global Employee Health and Fitness
Global Youth Traffic Safety
Huntington’s Disease
National Bike & Trauma
National Osteoporosis Prevention
National Arthritis
National Teen Pregnancy Prevention
Preeclampsia
National Foster Care
Foster Parent Appreciation
National Amyotrophic Lateral and Tuberous Sclerosis
National Cancer Research
National Get Caught Reading
Drowning Prevention
Brain Tumor
Women’s Healthy Cancer
Motorcyclist Safety
Older American

May 2020 Days to Remember:
5/1 World Asthma
5/4 Melanoma Monday
5/5 World Hand Hygiene
5/6 International No Diet
5/10 Mother’s Day
5/10 Children’s Mental Health Awareness
5/10-16 Women’s Lung Health Week
5/10-16 National Hospice Week
5/10-16 Women’s Health Week
5/10-17 Food Allergy Awareness Week
5/11-17 National Bike to Work Week
5/12 Chronic Fatigue Syndrome
5/15 National Bike to Work
5/18 World Aids Vaccine
5/20 World Autoimmune/Auto Inflammatory Arthritis
5/25 National Missing Children’s
5/27 National Senior Health and Fitness
5/31 World No Tobacco

Mother’s Day
Mother’s Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. Anna Jarvis, Mother’s Day founder, put Mother’s Day on the calendar as a day dedicated to expressing love and gratitude to mothers. Jarvis was extremely upset with the commercialization of the holiday, thinking it did not acknowledge the sacrifices women make for their children. However, you are free to honor your mother as you see fit. She might just be happy with brunch, a card, and flowers. Perhaps, you know her best.


31st Annual Senior Day~~Wednesday, May 27, 2020
Cleveland Public Hall~~500 Lakeside Avenue~~10 a.m.-12:30 p.m.
All seniors are invited to attend this FREE event.
For more information call (216) 664-2833
www.cleveland-oh.gov/aging
June News

June 2020 is the Month for:
PTSD Awareness
Acne & Hernia Awareness
National Gun Violence Awareness
Brain Cancer Awareness
Home Safety & Men’s Health
Vision Research and Eye Safety
Myasthenia Gravis Awareness
National Aphasia Awareness
National Scleroderma Awareness
National Scoliosis Awareness
National Cardiopulmonary Resuscitation (CPR) Automatic External Defibrillator (AED) Awareness
National Health, Fitness, & Exercise Alzheimer’s and Brain Awareness
Elder Abuse Awareness Kickoff
Cataract Awareness
National Great Outdoor Awareness
National Migraine and Headache Awareness
National Potty Training Awareness
National Dairy
National Camping & Fireworks Safety
Mosquitoes Awareness
World Fertility Awareness
Hormone Replacement Therapy (HRT)

June 2020 Days to Remember
6/1-7 National CPR and AED Awareness Week
6/2 National Gun Violence Awareness
6/7 National Cancer Survivors
6/8 World Brain Tumor
6/9 National Great Outdoors
6/13 Family Health and Fitness
6/14 World Blood Donor
6/17 National Eat Your Vegetables
6/20 International Day of Yoga
6/21 Father’s Day
6/26 International Day Against Drug Abuse and Illegal Trafficking
6/27 National HIV Testing

Post Traumatic Stress Disorder (PTSD)

PTSD is an anxiety disorder that can occur following exposure to a traumatic event that caused intense fear, helplessness, or horror. PTSD can result from personally experienced traumas or from witnessing or learning of a violent or tragic event. While it is common to experience a brief state of anxiety or depression after the event, those with PTSD have a more extensive experience of the event and typically for a significant amount of time. Those diagnosed with PTSD as discussed with a trained professional usually show symptoms in three areas. The first symptom is Re-experience where the individuals often experience recurrent and intrusive recollections of and/or nightmares about the stressful event. Many with PTSD have Avoidance where they avoid things that remind them of the traumatic event. This can result in avoiding everything from thoughts, feelings, or even conversations that might remind them of the event. The third is Cognitive and Mood symptoms which can include trouble recalling the event and negative thoughts about one’s self. A person may also feel numb, guilty, worried, or depressed and have difficulty remembering the traumatic event.

Studies suggest that between two and nine percent of the population has had a bout with PTSD. The likelihood of developing the disorder is increased by exposure to multiple traumas. Veterans, inner-city youth, immigrants from troubled countries and women more frequently than men seem the most vulnerable.

Father’s Day

A father should cherish, nurture, and protect his relationship with his family; as God has singled out the man to be in charge of the family unit. (Genesis 3:16) Every dad should share his time and love, which works to build the self-esteem of his children. Children in turn should find the time to celebrate their Fathers on this Day.

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

All newsletter proposals must be submitted to the Administrative Office on or before the 3rd Sunday of the month of publication. 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 July 2020.

Thank you to all who contributed to this Issue!