It is always important for the believer to take one day at a time. God uses our everyday lives to develop character and strength. A believer should never be bored, lonely, joyless, and feel like there is nothing to do. A believer should know the importance of praying, giving thanks, praising God, always seeking to do good and find ways to help others.

To live the abundant life on this earth that God has promised, we must strive to remain faithful....even on ordinary days. How we live ordinary days leads to extraordinary blessings! Each day the Christian should be growing and maturing while carrying out a daily routine. Life is NOT just big experiences in the sanctuary, in a stadium, or large populated atmosphere. We tend to focus too much on big moments, such as a new job, new possession, or a new relationship.

The Word of God provides examples of individuals who God developed through their carrying out their daily routines. I Samuel 17 shows how David was anointed to be king while he was only a small boy. However, he first had to be diligent at caring for his sheep, harvesting grain, and walking about those duties required for a faithful shepherd. Before becoming king, I Samuel 18 shows how David had to first defeat Goliath, play music for King Saul, become friends with Jonathan, and even later flee from Saul. Seventy three hundred days passed before David actually sat on the throne. That was 20 years of living ordinary days!

Everyday God is at work in the life of a believer in a special way. David was groomed through these years to eventually be a husband, father, and international leader.

James 1:2-4 teaches “Let patience have her perfect work.” Our character is developed and matured by the trials and situations we face. Daniel lived day by day. He was a man of prayer and known for his faithfulness. He did not eat the food provided by Nebuchadnezzar, but instead ate only the vegetables of his own choice. Further, he had to first suffer many years in prison before facing the lion’s den.

The Lord Jesus Christ allowed himself to be born into an humble family of a carpenter. As He grew, studied, and worshipped in the temple, He grew in wisdom and understanding as He developed His relationship with His Father.

We must guard against getting caught up with the cares of this life. It is possible to have 1000 channels and feel like there is nothing to watch. We can lose our passion for life, become bored with God, and bored with church. It can even become less important to get to church on time or to even get to church at all. This is no time for whining or even
listening to whining. It is time to take off our “pity” loafers and put on our “walking shoes.” God is working IN and AROUND us even in our daily routines. The Christian life is not a sprint or a marathon...but a daily journey. No matter how “ordinary” the day may seem, fail not to assemble with other believers in church. It was just another ordinary day when the Red Sea parted, an ordinary day when the walls of Jericho came tumbling down.

Sadly, too often we feel that we must be considered “special” by someone else when we are ALREADY God’s masterpiece....fearfully and wonderfully made in his image. There are times when a person may leave family for a new love interest....and then when that person drops out of their life, family may not even want to receive them back again. Nothing will go right if Jesus is not FIRST! As believers, we are citizens of heaven and we must remain united with Christ in heart, mind, and soul.

We must be sure to prioritize what is most important. Enjoy your home, and nurture your relationship with your family and your spouse. Too often we become too consumed with seeking to look important in the workplace or to be recognized for some great accomplishment. What is MOST important is our relationship with God.

Often people join a church and the vanity of our flesh seeks to immediately be a preacher, Sunday School teacher, deacon or elder, have a microphone. 1 Timothy 5:22 warns the church to not “lay hands too quickly.” Too many times, people seek to jump too far ahead and meet shipwreck. Holiness is a growing way. The Word of God also teaches in Exodus 14:13 to “stand still and see the salvation of the Lord.”

While the world focuses great attention on what we eat and physical exercise, it is even more important to examine your inner spiritual digestive system. The habits we take on become part of our personality. The things which are seen will all pass way. It is crucial for us to focus on the unseen, the eternal....to have a happiness that does not depend on substances or people.

By allowing God to have FULL access to our hearts and mind, we can be used for His glory at any age, David, Daniel, and Hezekiah were all used by God for many years as they aged. Hagar shows how God can use the single mother. Priscilla and Aquila show how God uses married couples to accomplish His sovereign will. God used Isaac and Rebecca, Abraham and Moses for many, many years.

Resolve that you will not go crooked trying to make it in this world....as the late Bishop taught his own children, “to make straight paths for your feet.”

God saved us to do something great. Live each day one day at a time. Open the door to your heart. Jesus stands at the door and knocks. Revelation 3:20 says, “Behold I stand at the door, and knock; if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me.”

New Members
Please help to Welcome the New Members listed below. They joined the Cleveland Church of Christ Citadel of Hope Ministries family from November 17 through December 22, 2019.

Dovie A. Greer
Michael Hall
Oasis E. Jeffries
Iyanah R. Lewis
Lashane R. Neal
Arthur Rutherford
Sharian T. Thomas
Seanteona Connell
Tammika N. Williams
January News and Blood/Blood Donor Information

January 2020 is the month for:
Cervical Health Awareness
Hearing Pregnancy Awareness
Hearing Loss Awareness
National Birth Defects Prevention
National Blood Donor
National Fit and Family Awareness
National Folic Acid Awareness
National Glaucoma Awareness
National Healthy Weight Awareness
National Human Trafficking Awareness
National Mentoring Awareness
National Radon Action
National Stalking Awareness
National Winter Sports Traumatic Brain Injury Awareness
Reading Month
Thyroid Disease Awareness

January 2020 Days to Remember:
1/20 Martin Luther King, Jr. Day of Service
1/30 World Leprosy Day

Blood Types
Blood transfusions are a lifesaving treatment for many Americans. Blood transfusions are needed for many reasons, including surgery, after accidents, and for patients with chronic illnesses and cancer. Blood cannot be artificially made, so doctors rely on volunteer donations. To keep the blood supply safe, every donation is tested for blood type and checked for infectious diseases.

All blood contains the same basic components. They are red blood cells, white blood cells, platelets, and plasma. However, not everyone has the same blood type. Blood type is how blood is categorized to help prevent reactions when someone gets a blood transfusion. Red blood cells have markers on their surface that characterize the cell type. These markers (antigens) are proteins and sugars that our bodies use to identify the blood cells as belonging to us. The two main blood groups are ABO and Rh.

The immune system is the body’s protection against invaders. It can identify antigens as self or nonself. To get a blood transfusion safely, a person’s immune system must recognize the donor cells as a match to his or her own cells. The immune system makes proteins called antibodies that act as protectors if foreign cells enter the body. Depending on your blood type your immune system will make antibodies to react against other blood types. If a patient gets the wrong blood type, the antibodies immediately set out to destroy the invading cells. This aggressive, whole-body response can give someone a fever, chills, and low blood pressure. It can even cause vital body systems—like breathing or the kidneys—to fail.

Blood Donations
Giving the "right" type of blood donation—based on your blood type and patient needs—helps ensure the best use of your valuable contribution. Here are several types of Blood Donations you might want to consider when determining how you can have the most impact.

Whole Blood is the most flexible type of donation. It can be transfused in its original form, or used to help multiple people when separated into its specific components of red cells, plasma, and platelets.

During a Power Red donation, you give a concentrated dose of red cells, the part of your blood used every day for those needing transfusions as part of their care. This type of donation uses an automated process that separates your red blood cells from the other blood components, and then safely and comfortably returns your plasma and platelets to you.

You can also donate Platelets. Platelets are tiny cells in your blood that form clots and stop bleeding. Platelets are most often used by cancer patients and others facing life-threatening illnesses and injuries. During this donation, an apheresis machine collects your platelets along with some plasma, returning your red cells and most of the plasma back to you. A single donation of platelets can yield several transfusable units, whereas it takes about five whole blood donations to make a single transfusable unit of platelets. Platelets are collected at Red Cross donation centers only, not at blood drives.

During an AB Elite donation, you give plasma, a part of your blood used to treat patients in emergency situations. AB plasma can be given to anyone regardless of their blood type. Plasma is collected through an automated process that separates plasma from other blood components, then safely and comfortably returns your red blood cells and platelets to you. AB Elite maximizes your donation and takes just a few minutes longer than donating blood. Plasma is collected at select Red Cross donation centers.

If you are interested in donating go to American Red Cross | Blood Services at redcross.org or a local blood drive.
February 2020 is the month for:
African American History
Aging and Mental Health Awareness
AMD/Low Vision Awareness
American Heart
International Prenatal Infection Prevention
National Burn Awareness
National Cancer Prevention
National Children’s Dental Health
National Condom
National Dental Health
National Eating Disorders
National Library Lovers
National Self-Esteem
National Senior Independence
National Teen Dating Violence Awareness and Prevention
National Wise Health Consumer Month

February 2020 Days to Remember:
2/4 World Cancer
2/7 National Wear Red Day
2/7 National Black HIV/AIDS Awareness
2/9 Toothache
2/14 National Organ Donor
2/14 National Condom Awareness
2/17 Random Acts of Kindness
2/28 Rare Disease

February and Black History News

Wear Red and Give
National Wear Red Day® – Friday, February 7, 2020

The Nation goes Red in February. On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there’s nothing we can’t do. When you donate to the American Heart Association, you’re joining the fight against our nation’s No. 1 and No. 5 killers — heart disease and stroke. Your donation helps fund lifesaving research, advocate for better health, improve patient care and reach at-risk populations. For more information, you may contact the American Heart Association.

National Center
7272 Greenville Ave.
Dallas, TX 75231

Customer Service
1-800-AHA-USA-1
1-800-242-8721

Black History Month

Carter G. Woodson (December 19, 1875—April 3, 1950) is known as the father of black history and black studies. He worked tirelessly to establish the field of African-American history in the early 1900s, founding the Association for the Study of Negro Life and History and its journal. The son of two former slaves, he rose from modest origins to become the respected and groundbreaking historian who founded Negro History Week, today known as Black History Month.

Alain Leroy Locke (September 13, 1885—June 9, 1954) was an American writer, philosopher, educator, and patron of the arts. He was distinguished as the first African-American Rhodes Scholar in 1907. Locke wrote an anthology about the Harlem Renaissance which spanned roughly from 1917 until 1935 when black culture, art, music, and social activism flourished. African Americans were fleeing the oppressed South, seeking freedom to develop their talents, and used the arts to display their humanity and push for equality.

Bishop Robert Clarence Lawrence (1883—1961) born near New Iberia, Louisiana came from a long line of preachers, though he never dreamed of becoming one himself. Bishop Lawrence leaves a legacy of starting a great many Apostolic Pentecostal churches. Most notably were the Churches of Our Lord Jesus Christ, where parishioners receive the precious gift of the Holy Ghost, and fast and pray for a wholly sanctified life.

Tuskegee Airmen (1940—1948) were a group of African-American military pilots. The pilots were trained at Moton Field, the Tuskegee Army Air Field, and were educated at Tuskegee University. Tuskegee Airmen were the first African-American military aviators in the United States Armed Forces. During World War II, black Americans were subjected to discrimination inside and outside the army. On March 29, 2007, at a ceremony in the U. S. Capitol rotunda, the Tuskegee Airmen were collectively awarded a Congressional Medal of Honor.

Harriet Tubman (1820?—March 10, 1913) escaped slavery to become a leading abolitionist. She led hundreds of enslaved people to freedom along the route of the Underground Railroad. She said she never lost a passenger. In 2016, the U.S. Treasury Department announced that she would replace Andrew Jackson on the center of the new $20 bill.
March and American Red Cross

March 2020 is the month for:
American Red Cross
Bleeding Disorder Awareness
Deep Vein Thrombosis and Pulmonary Embolism Awareness
Mental Retardation Awareness
National Brain Injury Awareness
National Colorectal Cancer Awareness
National Developmental Disabilities Awareness
National Endometriosis Awareness
National Kidney Awareness
National Multiple Sclerosis Education Awareness
National Nutrition Awareness
National Poison Control Awareness
National Problem Gambling Awareness
National Sleep Awareness
Prescription Drug Abuse Prevention
Save Your Vision

March 2020 Days to Remember:
3/2 Read Across America
3/4 National Grammar
3/5 Multiple Personality
3/6 National Cyberbullying Awareness
3/8 International Women’s
3/10 National Women and Girls HIV/AIDS Awareness
3/19 First Day of Spring
3/21 World Down Syndrome
3/22 World Water
3/24 World Tuberculosis (TB)
3/25 National Colonoscopy Screening
3/26 Global Epilepsy Awareness

The Greater Cleveland Chapter
of the American Red Cross

Located at 3747 Euclid Avenue
Cleveland, Ohio 44115-2596

It serves Cuyahoga, Geauga, and Lake counties. They are touching lives every day, 24 hours a day, 365 days a year.

The American Red Cross has a Mission. It is a humanitarian organization, led by volunteers, and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement. It will provide relief to victims of disasters and help people PREVENT, PREPARE for, and RESPOND to emergencies. For more information you may call 216-421-3040 or visit www.redcross-cleveland.org.

The scenario in the next column gives examples of what the Red Cross does.

Women’s History Month

The purpose of Women's History Month is to increase conscious and knowledge of women's history: to take one month of the year to remember the contributions of notable and ordinary women, in hopes that the day will soon come when it’s impossible to teach or learn history without remembering these contributions. This is an ideal time to celebrate the brave, bold, and fearless women who have influenced history. The important role women play in shaping our nation and the world is often overlooked, whether it is in the field of science, politics, the environment, legal, societal, or even the arts.

Celebrate Eleanor Roosevelt, Helen Keller, Elizabeth C. Stanton, Harriet B. Stowe, Susan B. Anthony, Thelma Patten Law, Amelia Earhart, Suzanne Shank, Misty Copeland, Lisa Willis, Alice Paul, Hilary Clinton, Michelle Obama, Simone Biles, Betsy Kling, Sally Ride, Barbara Jordan, Joycelyn Elders, Thandie Newton, Maria Montessori, Kasi Lemmons, Kathryn Bigelow, Vonetta Flowers, and Josephine Baker. Don’t know them—look them up to read of their contributions/accomplishments!

Daylight Saving Time begins

Set your clocks forward one hour!
Medical and Other News

What is a Burn?

A burn is tissue damage caused by heat, chemicals, electricity, sunlight, or nuclear radiation. The most common burns are those caused by hot liquid or steam, building fires, and flammable liquids and gases. Burns are classified by how deep and how large an area they cover. A large burn is likely to include burned areas of different depths. Deep burns heal more slowly, are more difficult to treat, and more prone to complications such as infections and scarring. Very deep burns are the most life threatening of all and may require amputation. Types of burns include:

⇒ First degree burns damage the outer layer (epidermis) of the skin. These burns usually heal on their own within a week. A common example is a sunburn.
⇒ Second degree burns damage not only the outer layer but also the layer beneath it (dermis). These burns might need a skin graft—natural or artificial skin to cover and protect the body while it heals—and they may leave a scar.
⇒ Third degree burns damage or completely destroy both layers of skin including hair follicles and sweat glands and damage underlying tissue. These burns always require skin grafts.
⇒ Fourth degree burns extend into fat, fifth degree burns into muscle, and sixth degree burns go to the bone.

The body reacts to severe burns with serious body-wide problems. At the root of most of these problems is the body’s explosive inflammatory response. A normal inflammatory response protects the body from invaders, such as bacteria, viruses, fungi, cancerous cells, toxins, and foreign materials. It activates in response to infection, injury, or other threat. It is designed to destroy the cause of the problem, contain the damage, and clean up the mess left by dead cells and other debris. When faced with large or deep burns, it can overreact, often making the injury more severe and harming the heart, lungs, blood vessels, kidneys, and other organ systems.

During the inflammatory response, there is fluid loss that can cause a sharp and potentially deadly drop in blood pressure known as shock. Fluid can also become trapped inside the body, leading to swelling known as edema. If tissues and organs do not receive enough oxygen because of shock, edema, or something else, they suffer damage and can fail. The lungs, heart, brain, and kidneys are particularly susceptible.

NIGMS is a part of the National Institutes of Health that supports basic research to increase our understanding of biological processes and lay the foundation for advances in disease diagnosis, treatment, and prevention. For more information on the Institute’s research and training programs, visit https://www.nigms.nih.gov. Revised January 2018.

Cleveland Church of Christ Federal Credit Union

Don’t forget to visit the Credit Union on the second floor of The Citadel to start your 2020 Vacation, Harvest, and/or Christmas account. Saving in the Cleveland Church of Christ Federal Credit Union is safe and easy. Loans are also available for those who qualify. Credit Union hours are: Sunday, 10:30-11:00 AM and one hour after morning worship service ends, and Tuesday 6:30-7:30 PM. Hope to have you visit soon!
Church Information

DONATIONS
Please keep in mind that the Cleveland Church of Christ Citadel of Hope Ministries serves the community. The Community Meals program is held on the third Saturday of each month from Noon until 2:00 PM. People in need are fed and may receive clothing and personal grooming items if available. Any donations you may wish to contribute can be given to Sister Carol Moore or Brother Tim Coleman. For a list of items being requested, check at the information desk in the Rotunda. Monetary donations may be given in the Administrative Office.

Meetings
The BROTHERHOOD meets with the Pastor on the third Saturday of each month from 10:00 AM until 11:30 AM in the Holy Grounds concession area in the Citadel. Brothers are encouraged to come and join in the Brotherhood Fellowship Meeting each month.

Join the SISTERHOOD when they hold their Fellowship Meeting on the third Sunday of each month at 1:30 PM in the Sanctuary. Come and enjoy a variety of interesting topics during their meeting each month.

The YOUTH MINISTRY and YOUNG ADULTS Fellowship Meeting is usually held monthly on the last Sunday of the month. The activities vary.

The NEW MEMBER Fellowship Meeting information for this quarter can be found on page 8.

All SUNDAY SCHOOL classes meet from 9:30 AM until 10:30 AM each Sunday in various classrooms in the Citadel.

Rehearsals
The GOSPEL PEARLS Choir Rehearsal is held every Tuesday evening beginning at 6:30 PM in the Citadel choir stand.

The CITADEL WOMEN'S CHORUS rehearses on the first Sunday of the month following the 11:00 AM worship service in the Citadel choir stand.

The CITADEL MALE CHORUS rehearses on the second Sunday of the month following the 11:00 AM worship service in the Citadel choir stand.
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 each quarter. All submissions to the Citadel News Quarterly are subject to administrative approval and/or editing and may not necessarily be published. 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, April 5, 2020.

The DATE for the next Welcome Fellowship for New Members is March 29, 2020 in the Eloise Harvey Room following the 11:00 AM morning worship service.

Our Church Membership is constantly being updated. Even though you may have been a member for many years and may not have moved, some of your personal information such as telephone number (landline and/or cell) or emergency contact information may have changed. You need to make sure all of your information is correct. Membership Update sheets are available in the Administrative office.

Many THANKS to the Nursing Ministry for providing information presented in this newsletter!

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 Fast dates are given below:

February 7-8, 2020
March 6-7, 2020
April 3-4, 2020

Anticipate the return of High Praise and Worship on the first Wednesday of the each month when the service resumes at the Chapel in April 2020!