

# STERLING MANOR FINANCIAL, LLC

## FORM 13F-HR (Form 13F Holdings Report)

Filed 04/23/24 for the Period Ending 03/31/24

Address      18 DIVISION STREET, SUITE 202  
                  SARATOGA SPRINGS, NY, 12866  
Telephone      518-583-4040  
CIK              0001842015  
Fiscal Year      12/31

The Securities and Exchange Commission has not necessarily reviewed the information in this filing and has not determined if it is accurate and complete.

The reader should not assume that the information is accurate and complete.

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549  
**FORM 13F**

OMB APPROVAL

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### FORM 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: 03-31-2024

Check here if Amendment:  Amendment Number: \_\_\_\_\_

This Amendment (Check only one.):  is a restatement.  
 adds new holdings entries.

#### Institutional Investment Manager Filing this Report:

Name: Sterling Manor Financial, LLC

Address: 18 Division Street, Suite 202

Saratoga Springs NY 12866

Form 13F File Number: 028-20503

CRD Number (if applicable): 000284218

SEC File Number (if applicable): 801-107975

The institutional investment manager filing this report and the person by whom it is signed hereby represent that the person signing the report is authorized to submit it, that all information contained herein is true, correct and complete, and that it is understood that all required items, statements, schedules, lists, and tables, are considered integral parts of this form.

#### Person Signing this Report on Behalf of Reporting Manager:

Name: Stephen Matthew Kyne

Title: CCO

Phone: 518-583-4040

#### Signature, Place, and Date of Signing:

/s/ Stephen Matthew Kyne Saratoga Springs, NEW YORK 04-23-2024  
[Signature] [City, State] [Date]

Do you wish to provide information pursuant to Special Instruction 5?

Yes  No

#### Report Type (Check only one.):

13F HOLDINGS REPORT. (Check here if all holdings of this reporting manager are reported in this report.)

13F NOTICE. (Check here if no holdings reported are in this report, and all holdings are reported by other reporting manager(s).)

13F COMBINATION REPORT. (Check here if a portion of the holdings for this reporting manager are reported in this report and a portion are reported by other reporting manager(s).)

## Form 13F Summary Page

### Report Summary:

Number of Other Included Managers:	0
Form 13F Information table Entry Total:	26
Form 13F Information table Value Total:	133,164,933

(round to nearest dollar)

### List of Other Included Managers:

Provide a numbered list of the name(s) and Form 13F number(s) of all institutional investment managers with respect to which this report is filed, other than the manager filing this report.

NONE

# FORM 13F INFORMATION TABLE

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6	COLUMN 7	COLUMN 8									
							NAME OF ISSUER	TITLE OF CLASS	CUSIP	FIGI	VALUE (round to nearest dollar)	SHRS OR PRN AMT	SH / PRN	PUT / CALL	INVESTMENT DISCRETION	OTHER MANAGER
AMAZON COM INC	COM	023135106	-	644,859	3,575	SH	-	SOLE	-		0	0	3,575			
APPLE INC	COM	037833100	-	2,767,001	16,136	SH	-	SOLE	-		0	0	16,136			
BLACKROCK ETF TRUST	US CARBON TRANS	09290C509	-	260,469	4,537	SH	-	SOLE	-		0	0	4,537			
FIRST TR EXCH TRADED FD III	EME MRK BD ETF	33739P202	-	8,414,690	298,711	SH	-	SOLE	-		0	0	298,711			
FIRST TR EXCHANGE-TRADED FD	FIRST TR ENH NEW	33739Q408	-	9,034,920	151,542	SH	-	SOLE	-		0	0	151,542			
FIRST TR EXCHANGE-TRADED FD	NASDAQ BUYWRITE	33738R407	-	232,554	11,322	SH	-	SOLE	-		0	0	11,322			
FIRST TR EXCHANGE-TRADED FD	BUYWRIT INCM ETF	33738R308	-	439,041	19,539	SH	-	SOLE	-		0	0	19,539			
FIRST TR EXCHNG TRADED FD VI	FT VEST US EQT	33740F599	-	6,404,439	163,212	SH	-	SOLE	-		0	0	163,212			
FIRST TR EXCHNG TRADED FD VI	FT VEST US EQT	33740U885	-	207,644	5,699	SH	-	SOLE	-		0	0	5,699			
GENERAL ELECTRIC CO	COM NEW	369604301	-	362,645	2,066	SH	-	SOLE	-		0	0	2,066			
GLOBAL X FDS	DEFENSE TECH ETF	37960A529	-	3,890,224	117,186	SH	-	SOLE	-		0	0	117,186			
INTERNATIONAL BUSINESS MACHS	COM	459200101	-	263,716	1,381	SH	-	SOLE	-		0	0	1,381			
ISHARES TR	1 3 YR TREAS BD	464287457	-	5,067,008	61,959	SH	-	SOLE	-		0	0	61,959			
ISHARES TR	ISHARES SEMICDTR	464287523	-	6,531,121	28,909	SH	-	SOLE	-		0	0	28,909			
ISHARES TR	CORE DIV GRWTH	46434V621	-	20,287,343	349,420	SH	-	SOLE	-		0	0	349,420			
ISHARES TR	RUS MD CP GR ETF	464287481	-	16,287,692	142,699	SH	-	SOLE	-		0	0	142,699			
J P MORGAN EXCHANGE TRADED F	EQUITY PREMIUM	46641Q332	-	434,818	7,515	SH	-	SOLE	-		0	0	7,515			
JPMORGAN CHASE & CO	COM	46625H100	-	263,595	1,316	SH	-	SOLE	-		0	0	1,316			
MICROSOFT CORP	COM	594918104	-	837,157	1,990	SH	-	SOLE	-		0	0	1,990			
ONEOK INC NEW	COM	682680103	-	653,386	8,150	SH	-	SOLE	-		0	0	8,150			
SPDR S&P 500 ETF TR	TR UNIT	78462F103	-	1,046,663	2,001	SH	-	SOLE	-		0	0	2,001			
SPDR SER TR	BLOOMBERG SHT TE	78468R408	-	374,315	14,842	SH	-	SOLE	-		0	0	14,842			
SPDR SER TR	PORTFOLIO S&P600	78468R853	-	8,038,926	186,778	SH	-	SOLE	-		0	0	186,778			
SPDR SER TR	PRTFLO S&P500 GW	78464A409	-	14,444,410	197,463	SH	-	SOLE	-		0	0	197,463			
VANGUARD WELLINGTON FD	US VALUE FACTR	921935805	-	15,452,501	129,483	SH	-	SOLE	-		0	0	129,483			
WISDOMTREE TR	EUROPE HEDGED EQ	97717X701	-	10,523,796	217,884	SH	-	SOLE	-		0	0	217,884			