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Tara Borton
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Denise Vassar
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Bob Spiers
Mission Action Team

Robbie Ayscue
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Outreach Team

Dwight & Lisa Godwin
Discipleship Team

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Deacons

Roger Cooke
People Support Team

Weekly Newsletter

January 5, 2016



Dealing With Depression

“Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.” Psalm 43:5

1 in 10 people in the U.S. are affected by depression and over 120 million worldwide live with some type of depression each day. Depression can be brought on by many different factors or issues in our daily lives. Sometimes it is temporary and sometimes it last for a long period of time. It is different for each person but the symptoms are all the same. There is a feeling of loneliness, sadness, exhaustion and even thoughts of suicide. There is a feeling of giving up and losing all hope.

Sometimes medications are necessary, and Jesus himself said, "they that are sick need a physician." But we should also consider that there is nothing more powerful than the word of God to treat the darkness of depression.

Did you know that there were men and women who struggled with depression in the Bible? Interestingly enough, the word depression itself, is not found in the Bible but the symptoms are certainly described. There are always two factors that cause depression. It is either physical or spiritual. Physical, being that you may have an illness or some type of medical issues going on in your body.

The other cause of depression can be spiritual and we can look to scripture to treat this deep darkness in our souls. At times the physical and spiritual are often intertwined that can leave a person miserable and hopeless. Personally I have struggled with both types in my past. So as I write these words I feel merely as "one beggar showing another where to find a morsel of bread." But I pray that it helps.

Do you feel hopeless today? Are you wore out and exhausted and lack the energy to even go through life each day? Maybe you are just feeling all alone and sad and you don't know why. Don't despair because there is hope! Many of the Psalms were written by a King whose name was David. He composes a psalm and expresses a question, *“why are you in despair, o my soul? And why are you disturbed within me?”*

King David is in despair and his response is the wisest of wise. *“Hope in God; for I shall again praise him, my salvation and my God.”* He recognized that in his depression that God was his only hope. And he would praise God who would save him from his despair.

As we continue this journey and battle to overcome this hopeless state in our souls, take hope. Take heart and recognize that even though you feel you have lost all, hope in God because he is your only hope. Until you realize that God is your only hope despair and hopelessness will continue to take hold of your life.

On the grace journey together with you, Lynwood

101 Main Street
Newport News, VA 23601

The Hilton Baptist Church Record

January 6, 2016

**Wave Devoted Women's
Conference**

"Shine Your Light"

March 3- March 5th



Special speakers: Lisa Bevere,
John & Helen Burns, Wendy
Perez and Sharon Kelly.

Ladies, this is a great time of
growth in the Lord. You can
visit devotedconference.com for
more information or see Dreama.

There are a few pamphlets in
the Connection center also. It is
worth it, I promise!



Sunday School and Worship Report January 3, 2016

Sunday School Enrollment.....	108
Contacts.....	42
Visitors.....	1
Total present.....	61
Worship Attendance....	75

HBC Counting Report for December 31, 2015

8-107 Lottie Moon.....	\$350.00
8-145 Cash in Cash Out- Christmas Dinner.....	\$388.00
8-403 Food Closet.....	\$3418.77
Budget Designated...Offering Envelopes.....	\$5.00
Budget Designated.....Memorial for Sylvia Williamson.....	\$50.00
Budget Offerings.....	\$2710.00
Total Deposit.....	\$6921.77

HBC Counting Report for January 3, 2016

8-200 Future Growth.....	\$35.00
8-103 Drink Machine.....	\$8.00
8-107 Lottie Moon.....	\$275.00
8-112 Chaplain.....	\$10.00
Budget Designated	
Initial Offering.....	\$80.00
Memorial Sylvia Williamson.....	\$25.00
Budget.....	\$3596.30
Total Deposit.....	\$4029.30

Hilton Baptist Church wishes to extend our deepest sympathy to

The family of Louise Barton

The family of Sylvia Williamson

Please continue to remember these families in your prayers!



Please pray for the following Missionaries this week:

- BS, DS
- Chris Ney– Alberta
- Antonio Morales–California
- Dorothy Swift– Colorado
- Mary Beth Young– Florida
- Ben Gipson– Georgia
- Rita Bishop– Michigan
- Teresa Achucarro– Missouri
- Terry Arnold– Nevada
- Esther Hernandez– New Mexico
- Mike Pittman– North Carolina
- Nannette Russell– Pennsylvania
- Perry Bazemore, Renee Comstock– South Carolina
- Ye Kim– Washington
- Brenda Larabal, Jessica Pham– American People
- KP,MP, SA– East Asian People
- Marcy Shaw, SP– European People
- CB– Northern African and Middle Eastern People
- Caril Miller– South Asian People



**OUR ON
GOING
MISSION....**



Don't Forget....

You can give canned goods to the Food Pantry anytime, by placing them in the boxes labeled for the food drive.

We have fed 1123 individuals this year. When we give out food, we provide food for about 3 days. During the holidays, there are a lot of people that need help.

Thanks to everyone that has brought food and given financially. It helps with this great ministry.

Link of Hampton Roads



LINK is involved with the program Veterans Administration Supportive Housing. This program helps homeless vets get moved into housing. When this happens, the Vets are in need of many things. Below is a list of things that can be

donated to help these men and women make a transition. If you have any of the smaller items that you would like to donate, you can take them by LINK. If you have any large items (furniture) they will be picked up by LINK by calling

Marlon 291-5574.

- | | | | |
|------------|------------------|---------------|---------|
| Silverware | Cooking utensils | Pots and pans | Dishes |
| Plates | Cups | Glasses | Bedding |
| Beds | Couches | Chairs | Lamps |
| Tables | Dining Tables | Rugs | |

January



Fluvanna

Correctional Center

"Forever Stamps",
stationary that you no
longer want and
unsharpened pencils

Lottie Moon

Our Goal \$7000.00

Collected to date \$6230.00

Singing Saints Practice

Monday, January 11th
Morningside 2pm

Monday, January 18th
Newport 2pm



Happy Hearts
Tuesday, January 12th
10:30am

We will be having Jerry Dobson “ Dr. Doofus” of First Methodist Church Bringing us some laughs! You don’t want to miss it! Come out for a great time together! Hope to see you there. For more information see Pat Painter.



We have a new mailing address for Mary Frances Beech

Mary Frances beech
c/o Mrs. Carol Richman
2225 Taylor Blvd
Gulfport, Miss 39507



Wednesday Night Supper- January 13th

We are having WNS this week!

Spaghetti and Salad

Adult 5.00 Child 3.00

Family of 4 \$15.00

Make reservations with the office by Monday



PORT- February 10-17

Items Requested: Travel toothpaste, soap, lotion and shampoo

Toothbrushes, wash clothes, razors, hand sanitizer, Lysol, wipes

Men and Women : Underclothes, gloves, scarves, hats, jeans, sweatshirts, coats, winter shoes

Place items in the gym.

We have the sign up sheets in Prior Hall next week, so please sign up where you will be able to help!

Serving our local community with the love of Jesus!

Weekly Assignment Schedule

Greeters

January 10– Joe Caskie,
Kathy Caskie
January 17– Robert Overman,
Pam Cooke

Ushers

January 10– Ray Moody
Moses Sabb
January 17– Don Krause,
Roger Cooke

Lock Up

January 10– Robert Overman
January 17– Paul Thorne

Bus Ministry

January 10– Brian Fries
January 17– Don Krause

Nursery Helpers

January 10– Faith Class
January 17– Hope/Tribble Class

SS and Children's Church

January 10– Kathy Caskie
Pat Schell
January 17– Tracy Venable,
Margaret Upole

Food Distribution this week

January 5– Gloria Ammons
Kathy Moore
January 7– Pat Painter
Mary Pulley

WNS Support

January 6– Vision Team
January 13– Faith Class

If you can not be present for your date, please contact a replacement person.

This week at HBC

Monday, January 4th

2:00pm Singing Saints Practice at the church

Tuesday, January 5th

10:00am WMU Meeting

Wednesday, January 6th

5:00 pm Wednesday Night Supper

6:15 pm Children in Action

6:15 pm NC Practice

6:15 pm Bible Study

6:00 pm Youth

Sunday, January 10th

9am Sunday School/ Life Groups

10am Worship Celebration

January

11- Vision Team Meeting

12– Happy Hearts 10:30am

16– B– Men's Breakfast

26– WMU Council Meeting

29– Community Dinner

Happy Birthday in January

6– Anthony Addison

Taylor Hackney

8– Lynn Prillamen

9– Debbie Greene

Matthew Jordan

Jamie Yell

10– Sylvia Brandt

Mia Kuhlne

Heather Michie Collins



Youth Yard Sale



The Youth Yard Sale is scheduled for May 14th. If you have donations you can bring them now and place them upstairs in first room on the right on the second floor.



Examine Your Habits

God said, "...they continue practicing the former [habits]; they do not fear the Lord, nor do they follow... the law... which the Lord...commanded..." – 2 Kings 17:34

Are you struggling with a sin or habit from your past? Understand this - any habit you feed will strengthen its grip on your life. Ask anyone recovering from addiction; we only become willing to change when we hit the bottom.

The truth of the matter is often: "Prodigals don't come home until they've lost everything!"

But that doesn't have to be your story. Your heavenly Father is waiting to welcome you back. You are a child of the Most High; captivity is unnatural for you. You'll never be free until you despise your chains.

Whether you're bound by a substance, a relationship or a life that's out of order, your circumstances won't change until your mind is released from the grip of old thought patterns and renewed by God's Word (Rom. 12:2).

So, start putting in place new habits, for what you do consistently, you become permanently. Begin the Bible-reading habit. Put it first on your "to do" list or you won't do it faithfully. Proverbs 4:22 says, "...for [these words] bring life and radiant health to anyone who discovers their meaning..."

Set a specific time for prayer, otherwise everything else will crowd it out. In prayer God will tell you how He feels about things. Can you afford to live without His input?

Attend church regularly, support it with your finances, exercise your spiritual gifts and begin to invest time and energy into relationships that sharpen and strengthen you spiritually. God will say things to you in His house that He won't say anywhere else.

Think about the Grand Canyon. It consist of the Colorado River, which in truth appears to be for the most part a simply glorified stream. Yet, through the ages, its continual flow, along with the winds and other effects of natural erosion have carved out a gaping hole in the earth's crust that we call the "Grand Canyon." The effects, though small in the moment have impact when they are repeated time and time again.

Remember, through your daily habits you are carving out an irreversible future. If you want to know where you're headed - examine them. And avoid the mark of a Grand Canyon in your own spiritual life!



WD-40, Duct Tape, or a Nail?

A man dies and goes to heaven. St. Peter meets him at the Pearly Gates and says, “Here’s how it works. You need 100 points to make it into heaven. You tell me all the good things you’ve done, and I give you a certain number of points for each item, depending on how good it was. When you reach 100 points, you get in.”

“Okay,” the man says, “I was married to the same woman for 50 years and never cheated on her, even in my heart.”

“That’s wonderful,” says St. Peter, “that’s worth two points!”

“Two points?!” the man responded. “Well, I attended church all my life and supported its ministry with my tithe and service,” he added. “Terrific!” says St. Peter. “That’s certainly worth a point.” “One point?!?” the man said! “I started a soup kitchen in my city and worked in a shelter for homeless veterans.” “Fantastic, that’s good for two more points,” he says. “Two points?!?” Exasperated, the man cries, “At this rate the only way I’ll get into heaven is by the grace of God.” Bingo! 100 points! Come on in!”

We often try to fix problems with WD-40 and duct tape. God did it with a nail. Only by the blood of Jesus!

Learn to Wait

“My times are in Your hand...” – Psalm 31:15

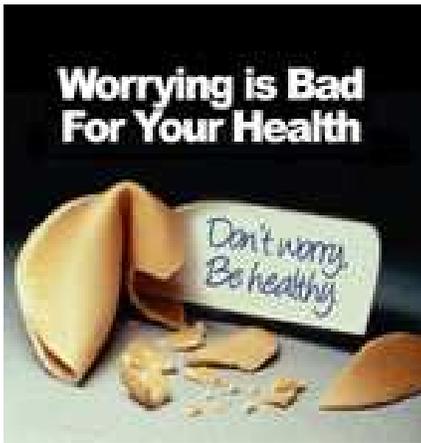
The Psalmist writes, “...I trust in You, O Lord; I say, You are my God. My times are in Your hand...” (Psalm 31:14-15 NKJV) As you walk with God, you’ll find you spend more time waiting than you do anything else. And when you receive what you’re waiting for, then you’ll begin waiting for something else! So if you don’t learn to wait with joy, you’ll live in frustration.



Paul writes, “Let us not grow weary while doing good: for in due season we shall reap, if we do not lose heart.” (Galatians 6:9 NKJV) “Due season” is when God knows the time is right, not when you think it is. God has a set time for accomplishing things in your life, so you might as well settle down and wait, because that’s when it will happen, and not before. God knows what you need, when you need it, and how to get it to you.

You ask, “And what am I supposed to do while I’m waiting?” Trust Him! One Bible teacher writes, “God has taught me to keep living the life I now have while I’m waiting for the things that are in my heart to come to pass. We become so intent on trying to give birth to the next thing that we neither enjoy nor take care of the things at hand.

Learn to enjoy where you are, while you are waiting to get to where you want to be.”



Don't Worry, Get Healthy

“When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.” - Isaiah 43:2

You have three basic choices when it comes to the stress in your life: You can worry, you can ignore your stress, or you can relax and trust God. The Bible says in Psalm 116:7, *“I said to myself, ‘Relax, because the LORD takes care of you.’”* You can’t trust God and worry at the same time.

That’s not just good spiritual wisdom from the Lord; it’s wisdom for your health as well. The Bible also says in Proverbs 14:30 that a heart at peace is a healthy heart: *“A heart at peace gives life to the body, but envy rots the bones” (NIV)*. It’s not just what you eat that destroys your health — it’s what eats you! You can have the best health plan around — eat fresh, healthy, organic, and in proper portions — but if you’re resentful against someone in your life or worry about tomorrow, your health will suffer.

Worry is like a poison or a fire. It burns you up inside. I’ll never forget watching an old episode of “Columbo” when Johnny Cash played the bad guy. When he finally got caught, he said, “I’m so glad I got caught, because the guilt was killing me.” I can’t tell you how many reports I’ve read of doctors who said that most people could leave the hospital today if they could get rid of their worries, guilt, and resentment.

But there’s good news: You don’t have to worry. Worry is optional misery! You have many things that impact your health that you cannot control. But you can control the amount you worry!

God has more than 7,000 promises in the Bible. Many of those promises center on the areas you worry about the most, like the five mentioned above. If you have a relationship with God through Jesus Christ, you know the One who created your future. His promises about your future give life, not stomach-eating worry.

The Bible says in one of those 7,000 promises: *“When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up; the flames will not consume you”* Isaiah 43:2.

You have no need to worry. The One who holds your future will walk with you through it. That may be just as important as a diet and gym membership in your journey to physical health in 2016!

Do... And Follow Through!

Have you experienced dissatisfaction with a situation, and found yourself criticizing rather than contributing to a solution?

Former British Prime Minister Winston Churchill exemplified integrity and respect in the face of opposition. During his last year in office, he attended an official ceremony. Several rows behind him two gentlemen began whispering. "That's Winston Churchill... they say he is getting senile... they say he should step aside and leave the running of the nation to more dynamic and capable men."



When the ceremony was over, Churchill turned to the men and said, "Gentlemen, they also say he is deaf!"

The human race is divided into two classes – those who go ahead and do something, and those who sit still and inquire, "Why wasn't it done the other way?" How many times have we left a job, a project, a church, an important relationship because we just didn't find it good enough? Some of us make a lifestyle of it!

But God wants us to be the kind of remarkable people who don't criticize, complain and go out looking for something better all the time. He wants us to be a people who determine to make a difference in the lives of the people and situations He allows us to face!

In James 1:22-25 we read, "But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does."

Is your job boring and you want a change? Ask the Lord how you might grow in your gifting's there. Ask Him to help you come up with a creative solution and maybe even improve your workplace altogether.

Are you dissatisfied with your church because it is lacking in some ministry area you consider vital? Perhaps the Lord is calling you to help start one up! Let's be doers! Let's be people of vision!

There's much too much to be done for the Lord to be sitting around criticizing. Let's determine to stop being complainers and go forth and do great things for Him!



What is Holding Back Revival in America?

According to a well-known evangelist, here are nine things that are holding back revival in America:

1. We have been guilty of allowing ease and luxury to put its paralyzing finger upon us... No longer do we know how to say, "I can be content even in the midst of poverty and suffering." Other Christians around the world know how and it is driving them closer to the cross.
2. We are guilty of a lack of a devotional life.
3. We have been guilty of accepting the doctrine of false grace, which has allowed us to believe we can be Christians and go on and live any kind of life we want to.
4. We have been guilty about not having a sense of urgency and emergency about our message. We no longer preach as dying men to dying men.
5. We have been guilty of idolatry. The Scripture says that covetousness is idolatry.
6. We have been guilty of hypocrisy. We have talked farther than we have walked.
7. We have been guilty of worldliness. TV and various other media devices are now being used to pull down the standards we once held, as evangelicals, on separation from the world. May God help us all!
8. We have been guilty of Phariseeism, self-righteousness, being "holier-than-thou!"
9. Controversies rage among us. We have been guilty of name-calling, hair-splitting, jealousies, pride, anger, headiness, gossiping, bickering, and back-biting. We are divided when we should be unified.

Who is the well-known evangelist who shared this? Billy Graham. When did he say these things? 1953! These problems, he asserted, could be best answered by "an old-fashioned, heaven-sent, Holy Ghost revival."

What can American Christians do to bring revival? Graham wrote, "Revival in America and the world waits until our wills are subject to His will. When we are willing, God's power will fall on us and the world will see that power in our lives!"

“I AM A CHURCH MEMBER”

These things can be said to visitors as we launch into 2016 and become the loving and functioning church God intended us to be!

“Thank you for being here.” It’s just that basic. I have heard from numerous church guests who returned because they were simply told “thank you.”

“Let me help you with that.” If you see someone struggling with umbrellas, young children, diaper bags, purses, and other items, a gesture to hold something for them is a huge positive.

“Please take my seat.” I actually heard that comment twice in a church where I was speaking in the Nashville area. The first comment came from a member to a young family of five who were trying to find a place to sit

“Can I show you where you need to go?” Even in smaller churches, guests will not know where to find the nursery, restrooms, and small group meeting areas.

Let me introduce you to ---.” The return rate of guests is always higher if they meet other people.

Thoughts by Thomas Ranier, Author & Church Consultant

Recommended by Joe Wircenske, Deacon Chair



***God is doing some exciting
new and powerful things
through the faithful people of
God at HBC...***

***Please remember
your commitments and giving
and be part
of the miracle!***



Our Youth Group keeps getting better and better...

Sunday Mornings 9:00am

Wednesday Nights 6:00pm

“Real Life, Real Issues”

Join Pastor Tee and others for these dynamic Youth Bible studies with the best of contemporary small-group interaction. Helping students identify distortions in vital areas of life, and see with greater clarity and truth about God, themselves and others... in terms to which they can relate!

“Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.” 1 Timothy 4:12



Special word of “Thanks!”

From Pastor Lynwood

Words cannot begin to express my deepest appreciation and gratitude for the many cards, notes and encouraging letters I received over Christmas and New Year’s!

Thank you for your love, kindness and generosity. I am so very grateful to God and pray His richest blessing upon each of you!

Thank you also to Pastor Tee for filling the pulpit in my absence last week, while I took a few days off... The good reports from your anointed message are still coming in!

In His Great Love, Lynwood