

The HBC Weekly Forecast
Hilton Baptist Church. www.HiltonBaptistChurch.org
101 Main Street, Newport News, VA 23601



Depression. Rarely does so much feeling get crammed into one word. Depression feels terrifying. Your world is dark, heavy, and painful. Physical pain, you think, would be much better—at least the pain would be localized. Instead, depression seems to go to your very soul, affecting everything in its path. Dead, but walking, is one way to describe it. You feel numb. Perhaps the worst part is that you remember when you actually felt something and the contrast between then and now only seems to make your pain worse.

So many things about your life may seem so difficult right now. Things we used to take for granted—a good night's sleep, having goals, looking forward to the future—now seem beyond our reach. Relationships are also affected. The people who love you are looking for some emotional response from you, but you don't have it to give.

Please remember, you are not alone. Depression affects as much as 25 percent of the population. Although it has always been a human problem, no one really knows why. But what Christians do know is that God is not silent when we suffer.

The Hilton Baptist Church Record

Lynwood Wells, Pastor

September 29, 2020

9/24/2020

Budget \$5079.00

Designated Budget Offerings– In Memory of Jane Roy \$100.00

8-106 Alma Hunt \$150.00

8-145 Cash in Cash out– Coffee fund \$1.00

8-145 Cash in Cash out– Postage \$110.00

Total Deposit \$5440.00



Sonshine Kids

We are back and slowly kids are coming!

We are still going to be having the Children's Christmas Workshop BUT it will be MUCH different than in the past years. Here are a few of the changes

1. We will only be allowing the kids or grandkids of anyone that is a part of Hilton Baptist Church. If you have grandchildren or children that want to come to the workshop they can! We will be social distancing and using masks! We will not be opening this event up to the public because of COVID. Hopefully next year we will be able to do that.
2. All kids will be on the same rotation and we will still need helpers. If you can help please contact the church office.
3. All kids MUST sign up ahead of time but contacting the church office.
4. We will be using Prior Hall and the sanctuary for safe measures for the workshop.

It is not too early to register or say that you can help!. Please contact Dreama!

Happy Birthday for the next two weeks

Nadine Stephenson 9/22

Stacy Vassar 9/23

Chuck Green 9/27

Jason Moriah 9/27

Betty Jean Allen 9/29

Kathy Devol 9/29

Robbie Ayscue 10/2



The Alma Hunt Offering for
Our Goal \$2000.00
Collected to Date: \$1050.00

Samaritan Purse
Shoeboxes

If you would like to fill a shoebox, there are labels for them on the Mission Outreach Table.

Thanks to all who help to make a kids Christmas special in another country.



WMU October Mission Project

HBC Sunshine Kids



Tuesday, September 29th

1:00-2:00pm Food Distribution

Wednesday– September 30th

7:00 pm Facebook Bible Study

Thursday, October 1st

1:00– 2:00pm Food Distribution

Sunday, October 4th

10Am Worship at HBC and Facebook Love

10am Sunshine Kids

Tuesday, October 6th

1:00–2:00pm Food Distribution

6:30pm Vision Team Meeting

Wednesday– October 7th

7:00 pm Facebook Bible Study

Thursday, October 8th

1:00– 2:00pm Food Distribution

Sunday, October 11th

10Am Worship at HBC and Facebook Love

10am Sunshine Kids

Don't forget Pastor Lynwood's Morning Devotions from Millpoint every week day at 9am.

“Serving our community with the love of Jesus”

Master Mask Makers

A huge shout out to our very own Jeanne Surber and Denise Vassar for their time, talent, and desire to help others stay safe! They have been and are continuing to make masks for the hospitals and residents in New York, local hospitals and nursing homes, Journey Church, and Newport News Schools. If you would like to join in this wonderful act of kindness, get your sewing needles ready!

HBC Food Pantry

The last Sunday of each month is our food pantry focus Sunday. Help us restock our pantry as many of our community members are continuing to rely on us for food on Tuesdays and Thursdays.

Serve The City

1st Tuesday of each month: assist the Virginia Peninsula Foodbank by serving Berkley Village

2 Sundays a month: support The Barrette-Peake Heritage Foundation by restoring Elmerton Cemetery in Hampton

October Serve, Oct. 10, 9:00-12:00

- painting
- yard work
- Heart of Giving
- family friendly project (arts/crafts)

For more information on these projects and to volunteer, visit stcpeninsula.com

PORT

We will be serving as a site church again this PORT season for three consecutive weeks. It is early in the process, however, we would like to start wrangling up some volunteers. The number of volunteers needed is much lower than usual, however, we will need to cover...

6:00-9:00pm, 9:00pm-5:00am, and 5:00-7:00am.

The good news is that nobody needs to stay awake during the overnight shift! Woo hoo! If you're interested, please contact Pam Cooke at 660-4226.

Sonshine Kids

The holidays are right around the corner! Monetary donations are welcome in the office so our Sonshine Kids will have a Very Merry Christmas!

If you are participating in other types of missions, please let us know! We would love to share your work with others :-). Thanks to you all for serving our community with the Love of Jesus.

Pam Cooke

Overcoming Depression

Depression is very real. It can cause us to feel isolated, alone, and hopeless...like everything around us is falling apart. It can steal a person's spiritual power and freedom and seek to fill our minds with darkness and gloom and bring us down emotionally. However, God wants to help us live free from depression. He wants to fill us with His joy, hope and expectation of good things for our lives.



An important part of battling depression is winning the war over our feelings and emotions. We will always have feelings...they will never go away. However, we can make them line up with our decisions. When depression attacks, what we feel like doing is giving up. However, the way we respond to depression makes all the difference.

First Peter 5:8-9 says to resist the devil at his onset. It's so important to resist the feeling of depression immediately, because the longer we allow it to remain, the harder it is to resist! All of us will deal with disappointments from time to time—that's a part of life. However, if we let it, our disappointment can lead to discouragement...and discouragement can lead to depression.

Praising the Lord in the midst of our pain is one of the greatest things we can do. Why? Because when we fix our attention on God and rejoice in the good things He has done, we make Him bigger than our problems.

I love Psalm 16:11. It says, *"In your presence there is fullness of joy; at your right hand are pleasures forevermore."* When we worship God, we bring His presence into our lives. He replaces our discouragement and sadness with joy and peace...giving us hope in the midst of life's challenges.

The more time you spend reading and thinking about His Word and its power to change you, the more it gets inside of you and begins to change you from the inside out. Hebrews 4:12 says that God's Word *"is alive and powerful"*. It has the ability to also change the way you see yourself and even your future. As you fill your mind with what God says about you and claim His promises as your own, it will bring hope and build your faith.

We can't control all of our circumstances, and we will never be completely free from experiencing pain or disappointment, but we don't have to let what happens today ruin tomorrow.

We have a choice. We can actually turn things around by making a decision to let go of the situations that caused discouragement and depression, and move toward the good things God has planned for our future.

Depression doesn't have to rule your life. No matter what you're going through, God is ready and willing to help you take your pain...and turn it into something great.

On the grace journey together with you, Lynwood

Did You Know That Stress Can Hinder Your Healing?

Medical research has proven beyond doubt that stress can cause heart trouble, high blood pressure, ulcers, stomach disorders, and more. But did you know that stress can also hinder God's healing power from flowing through your life?



Anxiety affects much more than your mind—it increases blood pressure, causes rapid heart-beat, and results in physical reactions from feeling faint to a full-fledged panic attack. As Job expresses it, “I am seething within and cannot relax, days of affliction confront me” (Job 30:27).

Perhaps the most dangerous reaction to stress, anxiety, or fear is that it produces a constant rush of adrenaline that over-stimulates the heart and eventually weakens the immune system. When this response persists over time, we open the door to a variety of illnesses.

God wants your mind to be at rest and your heart to be at peace. “God is not the author of confusion, but of peace” (1 Corinthians 14:33 KJV). His peace has an amazing ability to repair in your body what stress has injured.

To eliminate stress within your body to the point that you can receive His peace, look to these three steps:

Live under the shadow of the Almighty in all ways (Psalm 91:1-2)

Make a commitment to avoid strife (Proverbs 20:3)

Take time to know the Prince of Peace (Isaiah 9:6: John 14:27)

If you've allowed stress, anxiety, or fear to enter the temple of God—which is your body—take time today to repent to Him. He stands ready to forgive you, heal your troubled spirit, strengthen your heart, restore and give you victory in healing!

“Father, help me be alert to distortion and rumors. I believe Your Word is true. Give me Your wisdom. In Jesus' name, Amen!”

COVID-19
guidelines

**Attend in-person this Sunday – Arrive by 9:45 for seating
Watch “Facebook Live!” 10:00 AM**

We are striving to be...”HBC Safe!”

**“Facebook Live” devotionals with Pastor Lynwood in “Messages From Mill Point!”
9:00 AM Mon. – Fri. 20-minute daily devotions**

Wednesday nights 7:00 pm on Facebook Live Midweek



A Listening Spirit

*"For by wise guidance you will wage war, and in abundance of counselors there is victory." –
Proverbs 24:6*

Seeking advice is an important, yet difficult, habit to cultivate. It requires humility and admitting that we might be wrong. We need to admit that we don't have all the answers and that we need help.

We often actively approach people we respect for advice. But we can also approach people we normally would not seek out, those we might not feel have anything important to say, those who have not helped us in the past, or even people we find irritating or spiritually immature – even novices (Psalm 8:2). Sometimes observations and opinions are given without our consent or request.

As the Bible tells us, there is victory “in abundance of counselors” and listening to the perspective of many people. It's possible to gain some important insights from anyone regardless of their background or our past relationships, even if they're not 100% correct.

This process also requires sensitivity and discernment. It is impractical and foolish to accept the advice of everyone. We need to develop the right attitude and not be proud or self-centered but humble, willing to listen. In that spirit, we become more sensitive to God's leading, correction, and guidance.

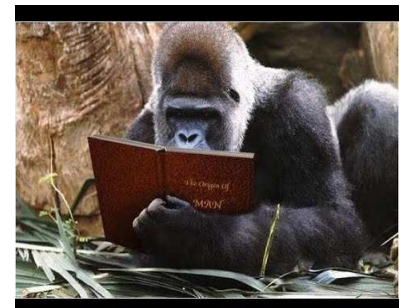
We always must be careful to check every opinion and recommendation against the Bible to be sure our decisions are consistent with the Word. We need to pray about every situation and be sensitive to the Spirit and His leading.

“Father, I humble myself before You. Help me be a good listener. Give me discernment. In Jesus' name, Amen!”

“The Monkey & The Zoo Keeper... The Last Impression!”

One day the zoo-keeper noticed that the monkey was reading two books - the Bible and Darwin's *The Origin of Species*.

In surprise he asked the ape, "Why are you reading both those books"?



“I am just trying to find out whether I am my brother's keep.... Or my keeper's brother?”



Welcome to Online Giving

"The Benefits To You & HBC!"

Online donations to HBC may be made at any time from the comfort of your own home or any place with internet access. Online donations are credited to your tax statement for the end of the year (except when made anonymously), and each user can change his or her preferences or desired donation amounts at any time. You can make a one-time gift of recurring donation.

- No need to hassle with checks or cash
- Totally secure encrypted 24/7 web-based access
- Easily schedule recurring donations to fit your pay periods
- Debit / Credit card option allows you to take advantage of rewards such as air miles or cash bonuses. Visa, MasterCard, Discover and American Express are accepted
- No need to share bank account information as you enter it directly into the Online Giving 100 % secure site
- Allows you to give even if you are unable to attend services
- Contribution amount is easily adjusted as desired or needed
- Option to remain anonymous

Try it today at www.HiltonBaptistChurch.com

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

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

CHURCH OF THE COVERED DISH by Thom Tapp



Put On The New...

There was a popular song of a bygone era, and the words went something like this:

You've got to accentuate the positive,
Eliminate the negative,
Latch on to the affirmative,
And don't mess with Mr. In-between.



Those lyrics are an accurate description of the passage we have before us in Colossians 3, beginning with verse 12. Listen to these affirmative words:

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." Colossians 3:12

There are the positive qualities of Christian being a Christ follower. Through this entire section the apostle writes in terms of putting off and putting on clothes. That suggests that this ought to be done daily, like every morning. As God's chosen people we ought to put on daily these qualities that reflect the character of Jesus. Each of these terms could be used of Him. So when you get up, start out by putting on these qualities of grace.

So... Let's share and, or confess. How do you get up in the morning? Some have great difficulty. Some can leap out of bed, bright-eyed and bushy-tailed, ready to face the day immediately, but others drag along for a couple of hours, needing a cup of coffee to get them going. It is reported that Albert Einstein once said, "The problem with the speed of light is, it comes too early in the morning!"

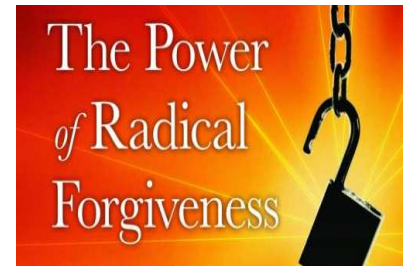
No matter what time you get started, however, Paul's word is, *"clothe yourselves."* When you get up, deliberately put on these qualities of life. The reason, of course, is because you can put them on. That is his point through this whole letter. You are a new man, a new woman in Christ, therefore, you can begin to live that way. In the words of Nike – Just do it!

Many seem to find great difficulty putting on the good and positive as they begin their day or throughout the day. That is probably because they have never thoroughly understood, or perhaps have not practiced, what the apostle said earlier: *"Put off the old man."*

Learn to recognize the characteristics of the old life: the self-centered, praise-loving, prideful flesh in every one of us. Reject that! Put it off! Do as Paul says in the previous paragraph: *"Put to death, therefore, whatever belongs to your old earthly nature."* Treat it as though you are dead to it.

Unilateral Forgiveness

Famous last words... people are often remembered most for their last comments. Those final utterances can define what a person's life was really all about. Have you ever stopped to think specifically about Christ's final words, as he hung on the cross?



Among the very first words He uttered as He helplessly hung there, nailed between two thieves, for wrongs He never committed was *“Father, forgive them.”* Imagine that – while in the midst of the most excruciating form of death known, He asks His heavenly Father to forgive the very ones who nailed Him to that cross.

Thank God – because the individuals He asked the Father to forgive were you and I! The cry of pardon burst forth that day from Calvary's cross, and that same cry is still shouted loud today for all to hear.

Rules or Relationship

Have you ever watched someone walking a dog on a leash when the dog doesn't want to go where its owner is going? The owner is constantly tugging on the leash, pulling the dog from here and there, telling it to “stop that” and “come back here”.

That's the way a lot of us live. We are on a “law leash.” Our lives consist of “Stop that; come back here; don't do that”. Only it's in terms of “Read your Bible; pray; go to church; pay your tithes; witness”. Now, these are certainly the things we should be doing, but God never meant us to do them at the end of a leash. What a difference when you see a dog and its owner that have a strong relationship. The dog doesn't need a leash to go for a walk. Its owner can just speak a word and the dog responds.



Paul writes: *“Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God, who also made us adequate as servants of a new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life”* (2 Corinthians 3:5-6).

When God redeemed you, He wrote His law in your heart and mind (See Hebrews 10:16). That means He wants to relate to you from the inside. You shouldn't need an external system of rules to *“keep you in line,”* because you have internalized God's Word and you have a desire to obey and please Him from your heart.

Nothing Too Hard

Jeremiah had been a prophet for nearly forty years by the time Jerusalem came under attack by the Babylonians. He had long been proclaiming a message of repentance, but the people continued to ignore his words. Now, the enemy had surrounded Jerusalem and the end was near. In this time of great turmoil, God told Jeremiah to purchase a field from his cousin.



This was a strange request but Jeremiah obediently purchased the field. However, he soon began to question God's reasoning: *"See how the siege ramps are built up to take the city? Though the city will be handed over to the Babylonians, You say to me, 'Buy the field'" (Jeremiah 32:24,25).*

Jeremiah had been a prophet for many years. He had been given the privilege of talking directly with God, but this command just didn't make sense. Why should he purchase a field when the enemy was invading and taking prisoners? God answered Jeremiah with a simple, yet challenging, question. *"I am the Lord, the God of all mankind. Is anything too hard for Me?" (Jeremiah 32:27)*

Yes, the enemy had invaded the land and would soon overrun the city of Jerusalem. But God's plan was for the people to one day return: *"I will surely gather them from all the lands where I banish them in My furious anger and great wrath; I will bring them back to this place and let them live in safety. They will be My people and I will be their God" (Jeremiah 32:37-38).* Jeremiah's field was to be a reminder that God would one day restore His people – a reminder that He could be trusted even in the face of overwhelming circumstances.

We often have a difficult time seeing how all the pieces of God's plan fit together. He leads us down a path and we fail to see the purpose – especially when the enemy begins to attack. We want to fight back, but God says to patiently trust Him and pray. We want to determine a solution and solve the problem, but God says to love Him with all our heart and share His love with others.

The times in which we are most tested and pressed down ought to be the times of greatest growth and closeness with our Heavenly Father. When it seems we have nowhere else to turn, we ought to rejoice and trust Him even more!

Let's put our life firmly in His Hands and submit to His guidance – even when we may not see where we are going or how we will get there. Remember we often see life from the backside of the tapestry, and a mass of confused threads. Let's trust His ways and always remember...for God, there is NOTHING too hard!

Growing Deeper

At age six, Henry John Heinz began helping his mother tend the small garden behind their family home. At twelve, he was working three and a half acres of garden, using a horse and cart for his three-times-a-week deliveries to grocery stores throughout the city of Pittsburgh. He went on to found his own company and named it Heinz 57 Varieties, a name brand now known around the world.



Heinz was well-known for his Biblically-based business principles and his Christian treatment of employees. However, there was an incident in his life that changed this godly man to grow even deeper in his faith. One day after an evangelistic service, the speaker turned to him and said, "You are a believer, but with all your energy why aren't you up and at it for the Lord?"

Heinz went home in anger. That night, however, he couldn't sleep, thinking about the question he'd been asked. At four o'clock in the morning, he prayed that God would use him to lead others to the Savior. A day or so later at a meeting of bank presidents, he turned to the man next to him and told him of his joy in knowing Jesus. His friend looked at him in surprise and said, "Because I knew you were a Christian, I've wondered many times why you never spoke to me about salvation." That gentleman became the first of 267 converts – people of different varieties, from all walks of life – that Mr. Heinz eventually won to Christ!

In his will, Henry John Heinz said: "I desire to set forth at the very beginning of this will, as the most important item in it, a confession of my faith in Jesus Christ as my Savior. I also desire to bear witness to the fact that throughout my life, in which there were unusual joys and sorrows, I have been wonderfully sustained by my faith in God through Jesus Christ."



One Last Laugh...

A little old lady sold pretzels on a street corner for 25 cents each.

Every day a young man would leave his office building at lunch time and, as he passed her pretzel stand, he would leave her a quarter, but would never take a pretzel.

This went on for more than five years. The two of them never spoke.

One day as the man passed the old ladies pretzel stand and left his quarter as usual, the pretzel woman spoke to him, "Sir, I appreciate your business. You are a good customer, but I have to tell you that the pretzel price has increased to 35 cents."