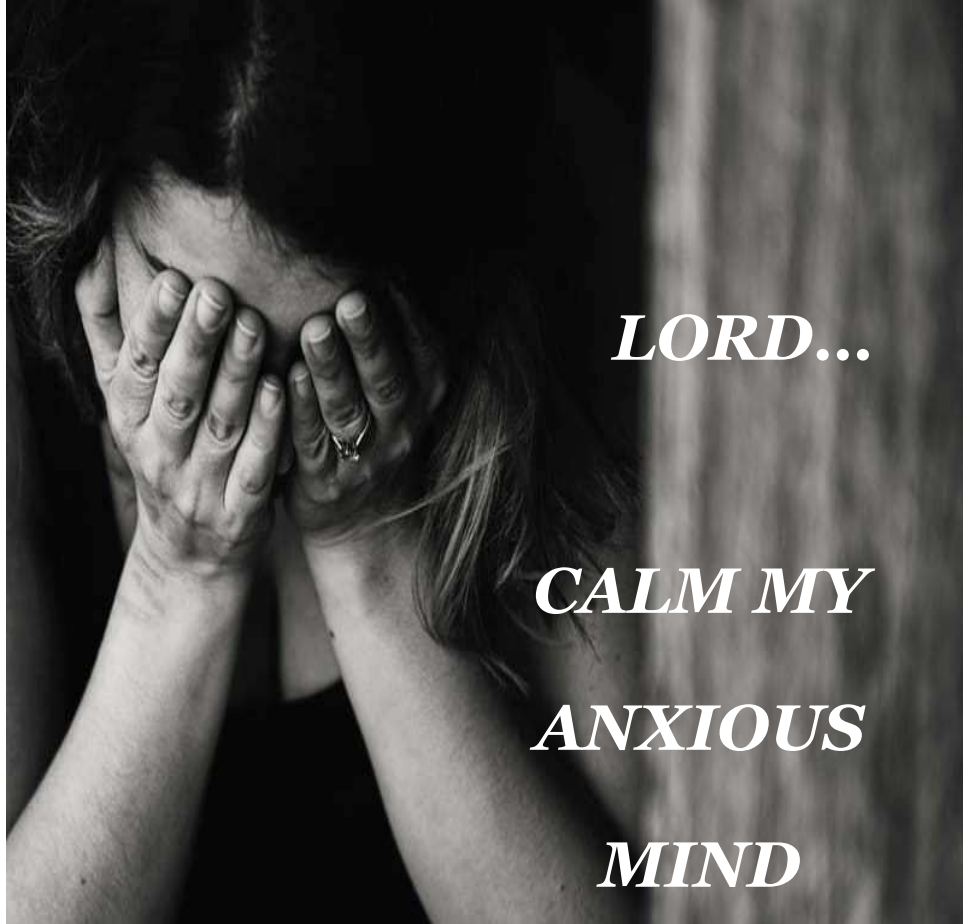


The HBC Weekly Forecast
Hilton Baptist Church. www.HiltonBaptistChurch.org
101 Main Street, Newport News, VA 23601



*“Lord, please put Your peace in my heart.
I'm worried and anxious. My mind races and obsesses.
I can't help thinking about my problems. And the more
I think about them, the more depressed I become.
I feel like I'm sinking down in quicksand and can't get out.
Calm me, Lord. Slow me down, put Your peace in my heart.”
“Lord... Calm My Anxious Mind.”*

God holds all of our lives in his hands and is the only one who can calm our anxious minds. When we frantically struggle to put the pieces of our life together on our own, we will fail. The only way to gain peace in the midst of anxiety is to turn to God, trusting in His perfect will and His power to hold us in His hands.

This week we will share the concluding message in our series,
“Winning The War In The Battle For Your Mind.”

Join us live at HBC 10:00 am this Sunday for a sanitized and safe worship experience – Or tune into Facebook Live and join in with our virtual worship experience – Invite a friend!



Allow God To Calm Your Anxious Mind...

*“My God holds every minute of every day.
If a challenge is before me, He put it there.”*

If you are prone to worry and anxiety, your mind may need a rest. The endless worries and stresses that are churning in you day and night are not helping you to be better at what you do, or to become a better person. They are threatening to replace your relationship with Christ, steal your peace, and inhibit your ability to display the glory of God.

Admittedly, “resting” one’s mind can be a great challenge. We can’t just stop the flow of anxious thoughts and worries that bombard our minds virtually every moment of our waking (and often dreaming) hours.

No, we can’t completely shut them down, but because God grants the power for us to begin to develop the mind of Christ, who clearly was not consumed with worry or anxiety, there is hope we can train our minds to slow down anxious thoughts and quiet them with truth (Romans 12:2).

When I begin to feel mounting anxiety or worry, I have looked to the apostle Paul. His life in Christ was so unbelievably more challenging and anxiety-producing than mine ever will be, yet he could say with authority, *“I have learned in whatever situation I am to be content” (Philippians 4:11). He was familiar with “the peace of God, which surpasses all understanding” (Philippians 4:7).*

We honor God and help others far more when we prayerfully focus our minds on doing, in love, the best job we are able — when we believe God is with us every step of the way, and then peacefully trust, rather than worry, that God will use our faithful efforts and his sovereign grace to accomplish his plans. After all, though they may not always be easy, his plans are always good and loving.

So how do we allow God’s word and His Spirit do the transforming work God desires for each of our lives? You can begin the process by intentionally giving your mind a rest.

Start by living in the joy that you are loved with an everlasting love, *“and underneath are the everlasting arms” (Deuteronomy 33:27)*. There will always be challenges and hard things, but there is peace in truly believing, at a foundational level, the reality of who you are in Christ and trusting God in every circumstance.

When we rest in this peace, we are not only more content; we glorify God by displaying Christ in a way that may even cause others to ask about our hope and strength. And if they do, we’ll be able to share Christ with greater confidence and joy and affirm the power and peace of God within us!

On the grace journey together with you, Lynwood

The Hilton Baptist Church Record

Lynwood Wells, Pastor

April 13 2021

Budget \$5298.00

Designated Budget Offering \$25.00 In Memory of Hilda Laubach

Annie Armstrong \$340.00

Cash in Cash out- Peninsula Rescue Mission \$80.00

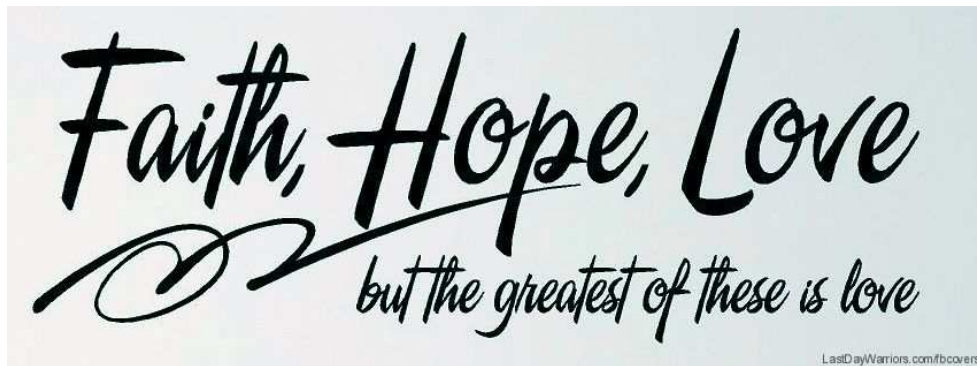
Cash in Cash out- Sonshine Kids \$100.00

Cash in Cash out- In memory of Becky Smith for Building Fund \$25.00

Food Pantry \$120.00

Total Deposit \$5988.00

Total Amount Collected for Annie Armstrong to date- \$2695.00



Marilyn Hargrove has moved to the Devonshire.

You may send her cards to

Marilyn Hargrove

2220 Executive Drive Room 188

Hampton, VA 23666

Calendar

Tuesday, April 13th

1:00pm—2:00pm Food Distribution

Wednesday, April 14th

7:00pm Facebook Bible Study

Thursday, April 15th

1:00pm—2:00pm Food Distribution

Sunday, April 18th

10am Live Worship at HBC

Virtual Worship Online

Sonshine Kids



Tuesday, April 20th

1:00pm—2:00pm

Food Distribution

Wednesday, April 21st

7:00pm Facebook Bible Study

Thursday, April 22nd

1:00pm—2:00pm

Food Distribution

NN SWAT Team using the church

Saturday, April 24th

11am Jamie Bays Funeral

Sunday, April 25th

10am Live Worship at HBC

Virtual Worship Online

Sonshine Kids

Food Collection Sunday!

Happy Birthday for the next two weeks

4/12 Ellen Lupton

4/13 Tara Borton

4/14 Susan Hudson

4/17 Layla Hudgins

4/17 Pat Painter

4/17 Paul Thorne

4/20 Reagan Fries

4/20 Nicholas Gibson

4/22 Dorothy Cook



UPCOMING EVENTS

Thursday, April 22nd- The Newport News Swat team will be using HBC for training purposes. There will be many people cars and SWAT vehicles at the church during this time. Please do not be alarmed. (12:00pm– 8:00pm)

Saturday, April 24th- Memorial Service for Jamie Bays at 11am here at HBC.

Sunday, April 25th- PBA Vision Night 6:30pm

This will be Live stream ONLY and will be on the PBA Website (www.peninsulabaptist.org) you will click on the “Vision Night” box.

There will be a brief time of musical worship followed by a message from Chuck Harrison.

Wednesday, May 5th- Drive up Food Drive. Just bring your food pantry donations and drive up to the back door of the church and we will take them out of your car for you.

Sunday, May 9th- Mother’s Day

Tuesday, May 11th- Vision Team Meeting 6:30pm

Sunday, May 23rd- We will be honoring Pastor Lynwood in the morning worship service for 20 years of service at HBC.



Serving our Community with the Love of Jesus!

Missions Outreach

Serve The City

Serve the City is offering opportunities for those on the Peninsula to serve April Big Volunteer Day– April 10th (Focus is Newport News and Hampton) Visit [STC peninsula.com](http://STCpeninsula.com) to signup

WMU Focus

WMU Missions Focus for April—Money for Peninsula Rescue Mission
You can also donate the following items: Bath and Kitchen cleaner (soaps, rags, paper towels), Laundry detergent, hygiene items or toiletries.

Food Pantry at HBC

HBC gives food away on Tuesdays and Thursday. See Sue Monfaccone to volunteer and for more information on how you can help.

We also have Pack the Pantry the last Sunday of the month, bring your items and place them in the basket in the sanctuary and the first Wednesday of the Month from 4-6pm just drive through the back packing lot and come to gym door and we will unload the food for you.

Our next Sunday Food Drive, is April 25th!

Pray for Our Missionaries

SL (Central Asian People) CC (Deaf People) ML, SR (East Asian People) DB (South Asian People) LA, JF, JM (Southeast Asian People) Seth Budimlija (KS) Lazaro Germade (NV) Khamlal Khuptong (OR) Ed Johnson (TX)



Update on Food Pantry from Sue Monfalcone

Continue to remember our families (single, couples or ones with children who need our help (prayers) as well as food. You have continued to help feed these families through your contributions of food and money to purchase needed supplies. Thank you! Thank you!



Since many people are receiving additional funds especially those with children, our sharing food has been largely with singles and couples. We are grateful to help where needed. We work with the United Way. If you know families who are in need, please have them contact the United Way on Tuesday and Thursday. They can request to come to Hilton Baptist.

We continue to receive bread and our pastry items, etc. from Costco each week, These items have been shared with our families each Tuesday and Thursday as well as with our sister churches, The Church of Purpose and Journey Church on Saturdays as well as Hilton Baptist Church on Sunday. Additionally bread items have provided for our families at Booker Elementary School each month.

Our helpers especially Karen and Pat, help bag items for the freezer, Pam and Roger take them to their freezer and then they are taken to Booker Elementary on the day the Food Bank brings boxed for their families.

Thank you to our helpers especially Pat Painter, Margaret Upole, Kathy Caskie and Karen Simpson for coming to distribute food on Tuesday and Thursday. Also to Nadine Stephenson for helping with the pick up of the items from Costco. Special thanks to Dreama for handling the food distribution when other help is not available. I could not do it without her! Also a special thank you to all who have contributed in any way to the Food Pantry in any form. It is so appreciated.

Through Dreama, the people of Abundant Life Tabernacle contribute food each month for our pantry. Special thanks to Wayne and Vlena for sharing milk, etc from Games Farmers Market. We also have people from our community contribute food because they know we give food away and they want to help. Even our Girl Scout Troop made bags to celebrate a birthday for our families.



So good to see so many coming together to help in this trying time. God bless each one!!

Thank you! Thank you!

Sue Monfalcone

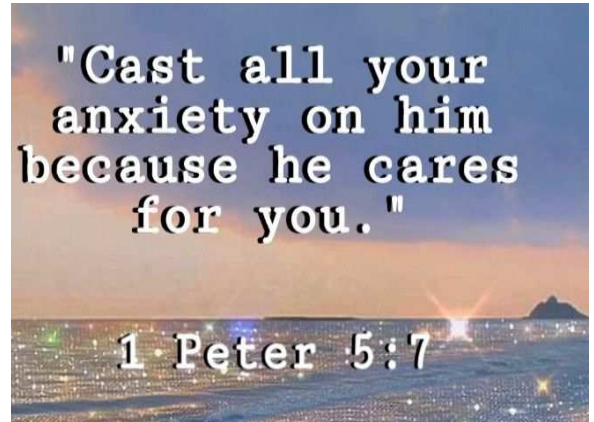
How to Fight Anxiety

*“Cast all your anxieties on him,
because he cares for you.”*

1 Peter 5:7

Psalm 56:3 says, *“When I am afraid, I put my trust in you.”*

Notice that the above verse does not say, “‘If I am afraid, but ‘The Psalmist does not say, “I never struggle with fear.” Rather he shares how he responds when it does.



Fear strikes, and the battle begins. So the Bible does not assume that true believers will have no anxieties. Instead, the Bible tells us how to fight when they strike.

For example, 1 Peter 5:7 says, *“[Cast] all your anxieties on him, because he cares for you.”* It does not say, you will never feel any anxieties. It says, when you have them, cast them on God. When the mud splatters your windshield and you temporarily lose sight of the road and start to swerve in anxiety, turn on your wipers and squirt your windshield washer.

So my response to the person who has to deal with feelings of anxiety every day is to say: that’s more or less normal. Most people I know have dealt with anxieties at various times during their lives. The issue is whether we will face anxious time. It is how do we fight them when we do?

The answer to that question is: we fight anxieties by fighting against unbelief and fighting for faith in future grace. And the way you fight this *“good fight”* (1 Timothy 6:12; 2 Timothy 4:7) is by meditating on God’s assurances of future grace and by asking for the help of his Spirit.

The windshield wipers are the promises of God that clear away the mud of unbelief, and the windshield washer fluid is the help of the Holy Spirit. The battle to be freed from sin — including the sin of anxiety — is fought “by the Spirit and belief in the truth” (2 Thessalonians 2:13).

The work of the Spirit and the word of truth. These are the great faith-builders. Without the softening work of the Holy Spirit, the wipers of the word just scrape over the blinding clumps of unbelief on the windshield.

Both are necessary: the Spirit and the word. We read the promises of God and we pray for the help of his Spirit. And as the windshield clears so that we can see the welfare that God plans for us (Jeremiah 29:11), our faith grows stronger and the swerving of anxiety straightens out.

And always remember whatever you face or encounter along the way, “Greater is He that is within you, than he that is in the world!” 1 John 4:4

“Little By Little...”

Little by little,
one travels far.

- J.R.R. Tolkien

The Lord your God will drive those nations out ahead of you little by little. You will not clear them away all at once... Deuteronomy 7:22

Although God could instantly transform us, he has chosen to develop us slowly. Jesus is deliberate in developing his disciples.

Just as God allowed the Israelites to take over the Promised Land "little by little," so they wouldn't be overwhelmed, he prefers to work in incremental steps in our lives.

"There is no growth without change; there is no change without fear or loss; and there is no loss without pain."

Why does it take so long to change and grow up? There are several reasons.

We are slow learners. - We often have to relearn a lesson forty or fifty times to really get it. The problems keep recurring, and we think, "Not again! I've already learned that!"—but God knows better. The history of Israel illustrates how quickly we forget the lessons God teaches us and how soon we revert to our old patterns of behavior. We need repeated exposure.

We have a lot to unlearn. - Many people go to a counselor with a personal or relational problem that took years to develop and say, "I need you to fix me. I've got an hour." They naïvely expect a quick solution to a long-standing, deep-rooted difficulty. Since most of our problems—and all of our bad habits—didn't develop overnight, it's unrealistic to expect them go away immediately.

Our spiritual growth is directly proportionate to crucifying of our old nature, habits and selfishness of the life we lived before we knew Christ.

There is no pill, prayer, or principle that will instantly undo the damage of many years. It requires the hard work of removal and replacement. The Bible calls it "taking off the old self" and "putting on the new self." (Romans 13:12; Ephesians 4:22-25; Colossians 3:7-10, 14.)

Growth is often painful and scary. There is no growth without change; there is no change without fear or loss; and there is no loss without pain. We fear these losses, even if our old ways were self-defeating, because, like a worn-out pair of shoes, they were at least comfortable and familiar.

Every change involves a loss of some kind: You must let go of old ways in order to experience the new. By God's grace – you can!



The Last Impression

Fresh out of business school, a young man answered a want ad for an accountant. His interview was with a very nervous man who ran a small business that he had started himself.

"I need someone with an accounting degree," the man said. "But mainly, I'm looking for someone to do my worrying for me."

"Excuse me?" the accountant said.

"I worry about a lot of things," the man said. "But I don't want to have to worry about money. Your job will be to take all the money worries off my back."

"I see," the accountant said. "And how much does the job pay?"

"I'll start you at a hundred thousand."

"A hundred thousand dollars!" the accountant exclaimed. "How can such a small business afford a sum like that?"

"That," the owner said, "is your first worry."

"In everything give thanks: for this is the will of God in Christ Jesus concerning you." 1 Thessalonians 5:18

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!



HE THOUGHT THIS APPROACH WOULD LEND MORE AUTHORITY TO HIS SERMONS, BUT IT ONLY RESULTED IN SPRAINED NECKS



A Calm and Quiet Soul

“LORD, my heart is not haughty, nor my eyes lofty. Neither do I concern myself with great matters, nor with things too profound for me. Surely I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child is my soul within me. O Israel, hope in the LORD from this time forth and forever.” – Psalm 131

Facing an uncertain future, our minds can easily become overwhelmed with speculation and worry. Then, after an event has taken place, we can be plagued by a different kind of turmoil: Looking backward, we can become obsessed with the past, wondering if we did the right thing.

Facing these choices, is there any hope? How can you know the gift of peace for your past and the promise of blessing in your future?

David learned how to have peace when faced with such problems. First, he learned the importance of being humble before God and submitting his mind and heart to Him. When he made mistakes, he knew he must confess them to Him.

Our human thinking can assume we must carry all the burdens ourselves. But humility and trust in God are keys to having a calm mind. As we commit our ways to the Lord, we should recognize that He's the Creator and our Father. He cares for us and is watching over us.

David also said he calmed and quieted his soul “like a weaned child.” This presents a powerful picture, for children like this can be confident, knowing their mothers always are near, ready to help and comfort.

If you find yourself filled with turmoil and anxiety, start focusing on God. Commit your needs to Him. Speak His promises. Turn every problem over to Him, just as weaned children trust in their mothers.

Humble yourself in the presence of the Lord, and submit your life and every issue you face to Him. Then start praising Him and thanking Him for His answers.

Right now, calm and quiet your soul, and receive His peace. Place your hope in Him!

*“Father, I humble myself before You. I commit release the chaos of my situations to the calmness of your Spirit. I hear you speak “Peace!” to my spirit and serenity to my soul. Thank You for Your peace and Your answers. I trust in You.
In Jesus' name. Amen”*

When You Know Peace Like A River

What's the one thing you need most in your life right now? Less stress? Fewer fears? A clearer mind? A sense of security?

I keep telling myself, if I had all of the above, I would finally have what I want most: peace. No fretful thoughts, no nagging worries. Now God is showing me how this really works.



When His peace flows through us, our stress eases, our fears fade, our minds clear, and our sense of security becomes firmly rooted in Him. This exchange takes place when we are filled with the Holy Spirit of God.

So, peace is where we start, not where we land.

Peace has one Source: *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (John 14:27).* Peace is a gift, pure and simple, placed in our hands by a loving Savior, who assures us it's *"the kind of peace that only I can give."*

The word in Greek—eiréné—means "peace, quietness, rest." Just the sound of those words can calm our anxious hearts. Like taking a long, deep breath, then slowly exhaling. It reflects the Hebrew word, shalom, a common farewell in Israel.

Peace. Quietness. Rest. Shalom.

Guess what else eiréné means? It can be translated, "One, wholeness." It's everything that truly matters, all joined together.

Apart from God? No peace.

With God? Peace like a river!

Even in the midst of heartache and loss? Yes, especially then. In the loss of loved ones to know they are immediately with God. What greater peace could we ask for or assurance could we know?

"The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:7). Transcend means we don't get it and won't get it. It's far above our comprehension and way beyond our intellectual reach.

This is a good thing. If we could manufacture peace on our own, we might not turn to God. Instead, we need Him every hour.



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
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- 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.HiltonBaptist Church.com!

Calm and Quiet

“Surely I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child is my soul within me.” Psalm 131:2



According to medical researchers at Duke University, there is a “vicious cycle” involving insomnia, anxiety, and depression. Sort of a “which came first: the chicken or the egg?” scenario. Perhaps it’s the one that presents first, but once the cycle starts it doesn’t matter. Anxiety might cause insomnia, which might result in depression, which might lead to greater anxiety . . . and the cycle continues as the symptoms feed off one another.

There are plenty of good reasons to be anxious, depressed, and sleepless in today’s world. But Christians have promises from God that should alleviate all three symptoms—promises that God rules over all the earth and knows the beginning from the end of history. Our task is to do what the psalmist David did: Rather than worry, he “calmed and quieted” his soul like a “weaned child” at rest in its mother’s lap—peaceful and quiet.



What's On The Other Side?

A sick man turned to his doctor, as he was leaving the room after paying a visit, and said, "Doctor, I am afraid to die. Tell me what lies on the other side."

Very quietly the doctor said, "I don't know."

"You don't know? You, a Christian man, do not know what is on the other side?"

The doctor was holding the handle of the door, on the other side of which came a sound of scratching and whining, and as he opened the door a dog sprang into the room and leaped on him with an eager show of gladness.

Turning to the patient, the doctor said, "Did you notice that dog? He had never been in this room before. He did not know what was inside. He knew nothing except that his master was here, and when the door opened he sprang in without fear.

I know little of what is on the other side of death, but I do know one thing: I know my Master is there, and that is enough. And when the door opens, I shall pass through with no fear, but gladness."

One Last Laugh...

A pastor had had a bad week. On Sunday he was very frustrated and he began his sermon, "All members of this church are going to hell if they don't change their ways."

One man in the back began to laugh.

So the pastor said it again louder.

The man continued to laugh.

The pastor went back to him and asked him why he was laughing.

He answered, "Because I don't belong to this church!"

