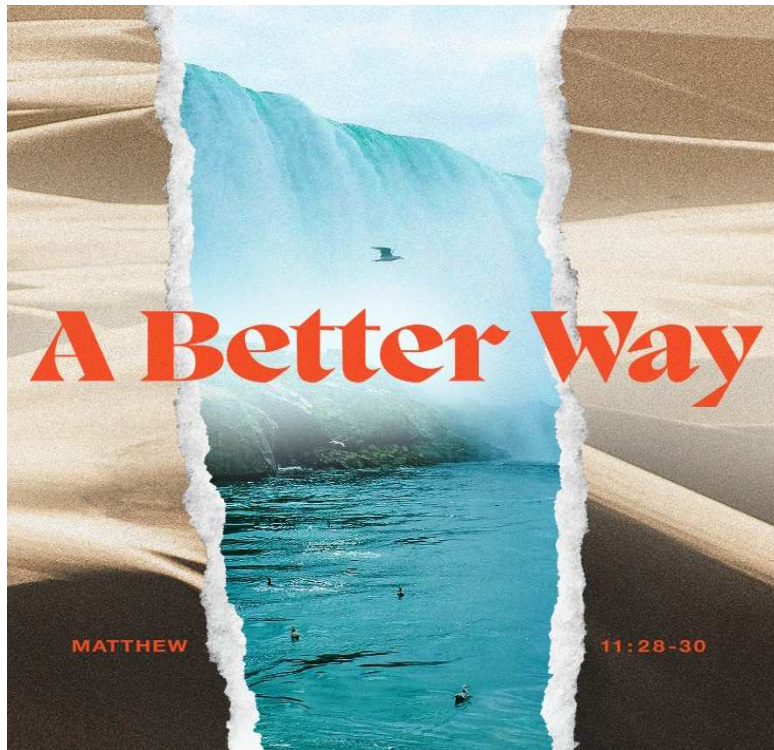


**The Forecast**  
**Hilton Baptist Church. [www.HiltonBaptistChurch.org](http://www.HiltonBaptistChurch.org)**  
**101 Main Street, Newport News, VA 23601**



What I want to do is ask you a question that you probably wouldn't expect to hear from a pastor. That is... "Do you ever feel like Christianity isn't working? Do you ever feel like the way you're serving Jesus and following Jesus and trying to trust in God isn't working the way you thought it probably would?"

In our new series, "A Better Way," I'm going to get really honest with you. Like, I wonder how many of you might say something like at times you get a little burned out on the busy-ness of church? Or you might say something like, "God, why aren't you answering my prayers the way you answer the prayers of so many other people?" Or, you might say something like, "I'm doing everything right, I'm trying to be good, I'm trying to be faithful, I'm trying to be a good Christian, I'm doing everything right, and everything's still seems to go wrong..." Does it ever feel like your Christianity simply is not working?

In this new message series, "A Better Way," I want to bring a special word to you that will speak to circumstances... And I believe that it will!

**Join Us This Sunday 10:00 am, for our new life-changing message series, "A Better Way." – Join the excitement as more people continue to return and new people are joining HBC each week for a life-changing worship experience!**



## ***The Challenge Of Burn-Out***

There is a badge of honor today that seems to come with exhaustion in our society. Worked 60 to 80 hours last week? People will be impressed. So busy that you forget to eat lunch every day? What a cool new diet trend, they'll say.

We have been taught to admire this burnout way of life, and we are all suffering because of it. Pastor Rick Warren says that people burn out because they try to control everything themselves. He calls it the Atlas Syndrome, where you live as if the whole world rests on your shoulders. It doesn't, and you can't live like that.

You can't be the 'general manager' of the whole world. Only God can do that, and you're not God to have to make it all work out. You're setting yourself up for burnout, when you try to be general manager of the universe. This is a burden God never intended for you to carry.

I found a very helpful quote from John Wesley who helped start the Methodist Church. A committed Christian and respected Christian leader, he was very busy. But he said; "Though I am always in haste, I am never in a hurry, because I never undertake more work than I can go through with a calmness of spirit." And that is a great thought. Why do we rush through life thinking everything depends on us? Do we take on more responsibilities than we should? And there is that word 'should'. It certainly causes anguish today.

King David wrote Psalm 40 from the Old Testament at a very difficult time in his life. He was emotionally burned out because of his son's rebellion. Psalm 40 are his words of anguish, his cry to God for help, "*Lord, You listened and pulled me from a lonely pit full of mud and mire. You let me stand on a rock with my feet firm, and you gave me a new song, a song of praise to you.*" Psalm 40:1-3

David was a mess. We all face times when it is hard to carry on. The stresses of life can be very hard to overcome. When we face emotional burnout, one of the things we tend to do is isolate ourselves. We think we are alone, we feel that no one cares. King David was facing one of the darkest moments of his life. One of the things that he had learned throughout his life was that he could count on God. God did not remove him or shield him from problems, but God was there to help him through.

David had learned the value of waiting on the Lord to help him. When we are hurting, we can cry out to the Lord because he hears us. David had gone from the depths of despair to the heights of joy. God helped him get out of his rut and placed David in a position of victory. Instead of feeling burned out and in deep pain, God was able to give David a new song to sing! And, you know what?... He can do the same for you!

*On the grace journey together with you, Pastor Lynwood*

# The Hilton Baptist Church Record

Lynwood Wells, Pastor

May 17, 2022

*Serving our Community with the Love of Jesus!*

## Deposit

Budget \$1895.29

Assoc Missions \$25.00

Food Closet \$100.00

Total Deposit \$2020.29

## April Recap

Budget Deposits \$15,587.29

Budget Expenses \$22,839.93

Designated Deposits \$5,135.73

Designated Expenses \$2,889.29



Money Market \$174,115.10

Building Fund \$38,464.70

Savings \$124,983.01

Outreach \$10,667.39

PDF/RR \$14,808.73

PDF \$5,188.09

RR \$9,244.23

RR \$376.41

Designated Account \$ 72,517.44

**Calendar**

**Monday, May 16th**

WHS Testing

**Tuesday, May 17th**

1pm—2pm Food Distribution

WHS Testing

**Wednesday, May 18th**

7pm Facebook Bible Study

WHS Testing

**Thursday, May 19th**

1pm-2pm Food Distribution

WHS Testing

**Friday, May 20th**

WHS Testing

**Sunday, May 22nd**

10am Live Worship at HBC

Virtual Worship Online

10am Sonshine Kids

**Monday May 9th**

Church office closed

WHS Testing

**Tuesday, May 10th**

1pm– 2pm Food Distribution

WHS Testing

6:30pm Vision Team Meeting

**Wednesday, May 11th**

WHS Testing

7pm Facebook Bible Study

**Thursday, May 12th**

1pm-2pm Food Distribution

WHS Testing

**Sunday, May 15th**

10am Live Worship at HBC

Virtual Worship Online

10am Sonshine Kids



**Happy Birthday in May**

5/15 Mary Ann Schell

5/17 Tommie Peake

5/19 Donald Moore

5/20 Joe Wircenske

5/27 Debra Jones

5/30 David Gibson



**Lock up/ Hall Monitor**

5/22 Don Moore

5/29 Stan Langdon

**Counter**

5/23 Margaret Upole

5/31 Kathy Caskie

**Kids Church Helper**

5/22 Nadine Stephenson

5/29 Youth

**Missions Outreach—Pam Cooke 660-4226**

**WMU May Focus Project**

Our May Focus for WMU is Carenet Peninsula. Care Net Peninsula is a non-profit on a mission to bring practical help and hope in Jesus to women facing pregnancy decisions. They are collecting these items— pacifiers, teething rings and toys, Bottles, Burp cloths, bibs, baby wipes, books small toys, bath tubs and diapers. They prefer those items be new. They also are collecting Baby blankets, Boys outfits and footed PJs (NB– 12m) , these items can gently used. You can also give a monetary donation. All this will be collected through the month of May and taken to Carenet the first of June.

**Food Pantry at HBC**

HBC gives food away on Tuesdays and Thursday. See Sue Monfalcone to volunteer and for more information on how you can help. Bring your non-perishable food to restock the pantry the last Sunday of every month.

**Aluminum Cans**

Recycle your cans at HBC and help Support missions! Bring them to HBC and place them in the gym or the church office. All money collected goes to missions!

**Pray for our Missionaries**

MB, MS (Central Asian People) Kelley Day, JM (East Asian People) Eric Gunselman (European People) LP, MR (Northern African and Middle Eastern People) MH, NK, JL, SW (Southeast Asian People) RB (Sub-Saharan African People) Richard Carruthers (British Columbia) Alexis Pecina (FL) Kevin Cox (MA) Samuel Choi (MN) Henry Young (NM) Deholo Nali (Ontario)

**Serve The City**

There are many ways you can serve. Go to the website [STCpeninsula.com](http://STCpeninsula.com) to see how you can serve. You don't have to build anything, there are so many ways to serve.

**Community Dinner**

We can use your help in May. If all goes well we will be having a fire pit and having hotdogs and smores. If you can help, please let Pam or Dreama know. Thanks again for your help!

Sunday School books are available on the table outside the sanctuary at the back door. If you need a Sunday School book and do not have one, please contact the church office. All shut ins will have their books mailed to them.

## **Recap of Vision Team Meeting 5/10/2022**

Tim Humphreys opened the meeting with prayer

### Team Reports

Robbie Ayscue- Worship Team- All is ok and we will be having communion on June 5<sup>th</sup>

Roger Cooke - People Support- Nothing to report. Lynwood mentioned that Caden, Chris Hoyt's son is cutting the grass.

Dreama Johnson - We had an inspection by the insurance company and we need to do several things. Take care of the electrical panels and be sure that they are safe. The steps to the baptistry need to be fixed where damaged. A rail needs to be put on the back porch that does not have one. The handicap ramp in the front of the building is not up to code and needs to be removed. An emergency plan for evacuation needs to be put in place.

Kids- Nadine is now working with the kids. Pam has offered to help with Bus ministry. At this time we do not have the people we need to have.

VBS is scheduled for August 8-12. Helpers are needed

We are waiting on the manufacturer to get back to us on the replacement of the louvered doors on the back of the church.

The stove had a temperature problem but has been fixed.

Denise Vassar - Facilities- Had received several estimates on the carpet in Sanctuary and the power boxes at the sanctuary to be replaced. We will hold off on Carpet because of the price (19,000- \$30,000) The panel boxes will be

replaced. Fluorescent lights through out the church as they go out they will be replaced with T8 lights

Gave out color samples for people to decide what color to paint the doors.

Azaleas will be cut back now because of the bloom. They grow 8-10 foot

Hilker Garden needs to be weeded.

Denise brought the quilt for the Bazaar to show. Tracy will have the Quilt Tickets and be receiving the money. Everyone needs to sell tickets

Tara Borton- Finance Reported we borrowed money from savings for the second month. She also indicated that overall giving is down and most like because of the market and economy. Every thing is else fine.

Tracy Venable - At large Wanted to know if it had been discussed when Sunday School would come back. Discuss was that many people are still not comfortable being in a small room because of Covid. Tim suggested that if a class wanted to meet again then maybe a small group setting would be good at another time other than Sunday School. We will continue to monitor situation.

(cont)

Nadine Stephenson - At Large Nothing to report at this time

Robert Overman- At Large Nothing to report at this time.

Pastor Lynwood- Talked about continuing to look ahead in the future of our church and what we are going to do. He met with the Hilton Clergy today and attendance is still down in all churches.

Meeting was closed in Prayer by Pastor Lynwood.

### **A Special Thank You!**

*Dear Dreama, Lynwood and Church Family,*

*Thank you for the lovely card, pretty pen and note pad, it is so nice of you all to remember me on special days.*

*I miss Sunday School, Church and all of you and am sorry I can not be with you on Sunday and other times but I have no choice. I thank all of you for what you do to keep the church active.*

*Dreama, thank you for the Forecast. I look forward to getting it every week.*

*Lynwood, thank you for all of the nice messages.*

*In Christian love, Betty Powell*

### **Open Windows**

Lifeway has made a mistake and double shipped the Open Windows Devotional. If anyone that does not normally get the Open Windows and would like one, please visit the Connection Center and get one. Take one for a friend! We have a lot of them!

### **Bazaar Information**

We will be having our annual bazaar this year. September 24th 9am-3pm. We are taking application for Vendors. If you know someone that would like to participate have them contact the church office.

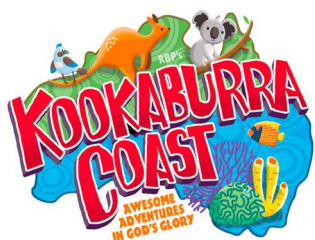
Quilt Tickets are available for everyone to take and sell. See Tracy to get your Quilt tickets. We are looking forward to a great show!



**Vacation Bible School is coming! -**

**August 8th– 12th      6:00pm – 8:30pm**

Workers are needed in all areas. Please contact the office if you can volunteer. We will be having a meeting In July to go over everything. We are looking forward to a great VBS!



## ASSOCIATIONAL MISSIONS EMPHASIS 2022

### Goal \$10,000 for Peninsula

#### Week of Prayer for Associational Missions May 22<sup>nd</sup> -29<sup>th</sup>, 2022

Each year we set aside a week in May to ask our churches to pray for the work of the Peninsula Baptist Association. Our Mission Statement is: *A Network of Churches, Connecting and Equipping Churches for Kingdom Ministry.*

Pray that God will lead our churches to start something new this year. “Start Something New” was the theme of our Vision Night on April 24<sup>th</sup>. That “something new” could be a new church, or a new way to connect with the community around you.

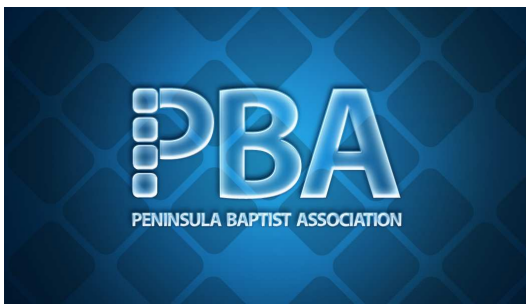
#### 2022 MISSIONS OFFERING PROPOSED ALLOCATIONS

We collect a special offering from our churches each year to support the work we do together over and above our budget. Churches may collect this offering during the week of prayer, or any time during the year. Our hope is that we will be able to fund individual projects in the four categories listed below, with each category receiving 25 % of the overall offering.

We typically divide these funds up at the end of the year. However, this year we plan to send the first \$2,500 that we receive to partners we have in Romania who are helping the people of Ukraine.

Here are the four categories:

1. **Strengthening Existing Churches** – To be used for things such as Senior Adult Revivals, and Summer Ministry.
2. **Catalyzing New Work** – To be used for things such as Grants for new church plants.
3. **Developing Leaders** – To be used for things such as Church Planter Cohorts.
4. **Missions and Ministry** – To be used for Ukraine Refugee Relief.



Total collected to date \$135.00



## **Salvation Army**

### **Summer Camp Donations**



DOING  
THE MOST  
GOOD<sup>SM</sup>

How can you help the children on the peninsula this summer?

By helping us host 25 children each day, Monday through Friday in the Summer Day Camp Program. You can assist by providing some of the items listed below. Bring them to the church and we will deliver them to the Salvation Army.

Please remember it is nut free facility

Apple sauce (cups only) Popcorn Canned fruit (mixture) Pretzels (bite size)

Cereal Pudding (small cups) Cookies Raisins (small boxes) Crackers

Ravioli's Fruit cups Slim Jim's Fruit juice box Spaghetti Noodles

Gatorade- Small bottles Spaghetti Sauce (can) Jell-O-cups Spaghetti O's

Nutri- Grains Bars Veggie Chips/ Straws Pop Tarts Welch's Fruit Snacks

See Pam Cooke for more information!

**Happier Living<sup>®</sup>**

### **Ten Rules for Happier Living**

1. Give something away with no strings attached.
2. Do a kindness
3. Spend a few minutes with the aged , their experience is a priceless guidance.
4. Look intently into the face of a baby and marvel at God's creation
5. Laugh often, it is life's lubricant.
6. Give thanks, a thousand times a day is not enough
7. Pray or you will lose the way
8. Work with vigor.
9. Plan as though you will live forever, because you will.
10. Live as though you will die tomorrow, because you will die on some tomorrow.



## ***Live By The Spirit***

Here's a simple formula for maintaining a righteous lifestyle. Paul says in Galatians 5:16, "*Live by the Spirit, and you will not gratify the desires of the sinful nature.*" Every moment of every day, we have a choice. We can live according to our fleshly desires for comfort and pleasure. Or, we can trust the Holy Spirit to enable us to fearlessly serve the Lord.

Resisting the tug of the flesh isn't easy. Even the disciples, who spent three years learning directly from Jesus, couldn't expect to achieve righteousness in their own strength. The Lord instructed the disciples in Acts 1:4 to wait in Jerusalem until the power of the Holy Spirit came upon them. We can put no more confidence in the flesh than did 11 of Jesus' close friends.

In order to walk by the Holy Spirit we must accept the truth that it's impossible to live the Christian life alone. If we depend upon our experiences and strength, we'll fail. God's Spirit works in and through us. That's why submitting our will to His power and guidance is critical. And surrender isn't a one-time deal. Believers have to yield repeatedly. For sanctification is not a once for all experience, but a continuous experience. Sanctification is not a second experience – it is an “every second” experience!

Every time a decision must be made, we should look to the Spirit for guidance. Righteous living simply isn't natural for human beings. We require help. Our Father has graciously given us the Helper so we can live in a godly manner. When we choose to yield to His direction, joy and peace will follow.

### ***The Last Impression... “9”m or “Nein!”***

I was meeting a friend at a restaurant and as I went in, I noticed two pretty girls looking at me.

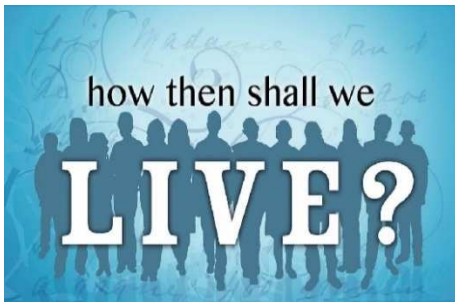
"Nine," I heard one whisper as I passed.

Feeling pleased with myself, I swaggered over to my buddy and told him a girl had just rated me a nine out of ten.

"I don't want to ruin it for you," he said, "but when I walked in, they were speaking German."

(English / German translation: “yes” / “no” “ja” /” nein”)





## **Grace!**

That special “someone” came up and embraced you. They gave you a kiss on the cheek unexpectedly. You remember how exceptional the feeling was.

You asked them why. And they simply replied..., “*Because I love you...*”

We can dress it up with theological terms, clothe it with religious dogma, explain it in foreign Greek words such as “*agape*” for love, and “*charis*” for grace, or romantic Latin phrases such as, “*Amor in perpetuum vivit dei gratia*” meaning, “[Love lives forever by the grace of God...](#)” (I know that last one had to impress you!)

But when all is said and done, it all boils down to, “*Because I love you...*” That’s *GRACE... pure and simple.*

And I am feeling these days that in our pursuit of deeper revelations, more meaningful experiences with God, deeper relationship connection with the divine persona above us and the human community around us, we might most fundamentally be best served by returning to step one – *GRACE!*

And we ask “*Why?*”... “*Because, I love you!*” God responds.

That is what God said to humanity when he entered our flesh through an infant presence in Bethlehem’s manger and exited through the agony of Calvary’s cruel cross. The divinity so majestically restrained in the physical body of Jesus was ravishly released in the resurrection and then poured out from heaven upon all flesh at Pentecost to splash upon the human timeline this era we call grace!

And how will respond today – in such a time as this? Perhaps resonating with the words penned by songwriter Gloria Gaither:

*I then shall live as one who's been forgiven.*

*I'll walk with joy to know my debts are paid.*

*I know my name is clear before my Father; I am His child and I am not afraid.*

*So, greatly pardoned, I'll forgive my brother;*

*The law of love I gladly will obey.*

*I then shall live as one who's learned compassion.*

*I've been so loved, that I'll risk loving too.*

*I know how fear builds walls instead of bridges; I'll dare to see another's point of view.*

*And when relationships demand commitment,*

*Then I'll be there to care and follow through!*



## ***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*

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. 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.

Your daily habits are carving out an irreversible future. If you want to know where you're headed – examine them!

## ***The Last Impression***

The phone rang. It was a salesman from a mortgage refinance company. He asked, "Do you have a second mortgage on your home?" "No," she replied.

Continuing his pitch, he asked, "Would you like to consolidate all your debts?" "I really don't have any," she said. Undaunted, he asked once more, "How about freeing up cash for home improvements?"

She quickly said, "I don't need any. I just recently had some done and paid cash."

There was a brief silence, and then he asked, "Are you looking for a husband?"





## ***The Need For Clear Vision***

*“Your prophets have seen for you false and foolish visions; and they have not exposed your iniquity so as to restore you from captivity, but they have seen for you false and misleading oracles.”*

*Lamentations 2:14*

Israel had strayed in their relationship with God. They had departed from listening to His word and following in obedience. The land was now filled with self-declared “prophets.” These men claimed that they had heard from God and were speaking for Him.

Their messages sounded genuine. But were they right?

Jeremiah knew that he actually was hearing from God, and the other “prophets” were not authentic. It became his responsibility to declare the truth, and what God told him. He also knew that this assignment would not make him popular. These prophets had delivered statements that people wanted to hear. But their messages were not from God.

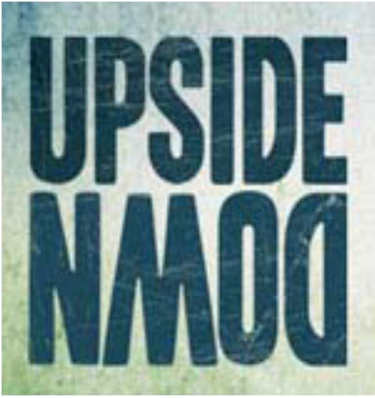
In fact, in spite of how appealing and promising they were, their messages were “false.” The Hebrew word here suggests that they had a sinister motivation. They were deceptive, pointing people in the wrong direction. They also were useless, filling minds and hearts with ideas that were more seductive than constructive.

Second, these words were “foolish.” The Hebrew word here implies that they did not expose the root problems. In fact, the real issues were being covered up, as if smeared with plaster, coated to look different. Their oracles also were “misleading.” The Hebrew word here describes how people were being seduced by the messages of these false prophets.

God called Jeremiah to warn His people and give them the truth. To help them realize how they had been seduced and deceived. That they needed to face the facts. To know what was happening, and what they needed to do.

The Bible warns us to test the spirits of the word of “prophets” today because these same problems can occur in our time as well. How critical it is to remember that many deceptive messages are being spread throughout the land. That many who claim to speak for God are false prophets. That we need to be careful, on guard against deception.

In your life, seek to be in tune with God and with the voice of His Holy Spirit. Let Him speak to you. And stay sensitive to both His Spirit and His Word and follow in obedience!



## *“Upside Down”*

*“These who have turned the world **upside down** have come here too. Jason has harbored them, and these are all acting contrary to the decrees of Caesar, saying there is another king, Jesus.” – Acts 17:6-7.*

Some today are telling us that the most important thing the church should be focusing on is global warming.

That is the priority we are to have, they say.

But there is another kind of warming the church should focus on preventing. And that is people spending eternity separated from God in hell.

The church of the first century made its impact on the world through prayer and through preaching. It was said of the early church that they turned the world upside down. And that, by the way, was offered as a criticism, not as a compliment.

May God give us more "criticisms" like this, because it seems today the opposite is happening in the church. We have double standards and moral compromise and little to no power.

Organized Christianity which fails to make a disturbance is dead!

What concerns me is that we are not making a disturbance anymore. We are so worried about fitting in.

We are so worried about relating. We are so worried about being cool that we have forgotten what it is to make a stand for what is true.

My fear is that instead of the church turning the world upside down, the world is turning the church upside down.

We are not going to move this world by criticism of it nor conformity to it, but by the combustion within it of lives ignited by the Spirit of God!

That is why we need to get back to what the early church experienced as given on the day of Pentecost – because they turned their world upside down.



## ***The Best Way to Pray***

There is a story I once heard about three pastors who were standing outside one day, discussing the best positions for prayer, while a telephone repairman worked nearby. "Kneeling is definitely the best way to pray," the one pastor said.

"No," said the next minister. "I get the best results standing with my hands outstretched to Heaven."

"You're both wrong," the oldest pastor said. "The most effective prayer position is lying down on the floor."

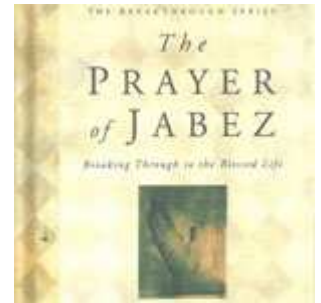
The repairman could contain himself no longer. "Hey, fellas," he interrupted. "The best prayin' I ever did was when I was hangin' upside down from a telephone pole!"

I think that the repairman was probably the closest to the truth! But, perhaps if you were in prison, rather than hanging from a telephone pole, you may have an even better understanding of just how to pray! In fact, that is exactly what we see in Acts 4.

Peter and John were put in prison for preaching about Jesus. After they were released from the prison, they head back to the church, where they all begin to pray. And, their prayer, as recorded in Acts 4:23-30, provides a fantastic understanding of the best way to pray!

## ***God's Favorites***

Do you think God has favorites? Certainly God makes His love available to all, and Jesus came to earth so that "whosoever" might call on His name and be saved.



But Jabez, whose prayer earned him a "more honorable" award from God, might have made the case that God does have favorites. His experience taught him that equal access to God's favor does not add up to equal reward.

What happened to some of the others named along with him in Chronicles? Idbash, Hazlelponi, and Anub, for example. What honors and awards did they get from God?

Simply put, God favors those who ask. He holds back nothing from those who want and earnestly long for what He wants."

*excerpted from "The Prayer of Jabez," by Bruce Wilkinson*



## **“God’s House vs. Our House”**

*“Is it a time for you yourselves to be living in your paneled houses, while this house remains a ruin?” — [Haggai 1:3-4](#)*

After the Jews returned from exile in Babylon, they began to prosper. They started rebuilding the temple which had been ruined by the Babylonians. But the people of other religions who lived in the land sent letters to Babylon and complained that the Jews were preparing to revolt. For that and other reasons, the rebuilding of the temple stopped.

It seems that the Jews began with a will to rebuild the temple, but when opposition arose, they faltered and lost focus. They transferred their energy to building and beautifying their own houses. It took the searing words of Haggai to call them back to the priority of rebuilding God’s temple.

In the world today, we must not be discouraged by the struggle it takes to build Christ’s church. The forces of the devil will try to overcome it, but Jesus will prevail ([Matthew 16:18](#)). Remember what Jesus said: *“Seek first [God’s] kingdom and his righteousness, and all these things will be given to you as well”* ([Matthew 6:33](#)).

It’s not that God necessarily wants us to live in a bleak apartment without beautiful paneling. But if that’s what it takes to build God’s kingdom, we must be willing to sacrifice. Our treasures are in heaven!

***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 on going miracle!***



Thanks to Steve Doyal (See Matthew 4:1-11) 03-31-2005

**INTO BREAD? ... IF YOU'RE GOING TO TEMPT IN THIS DAY AND AGE YOU CAN'T GO ALL CARB ON PEOPLE FYI**