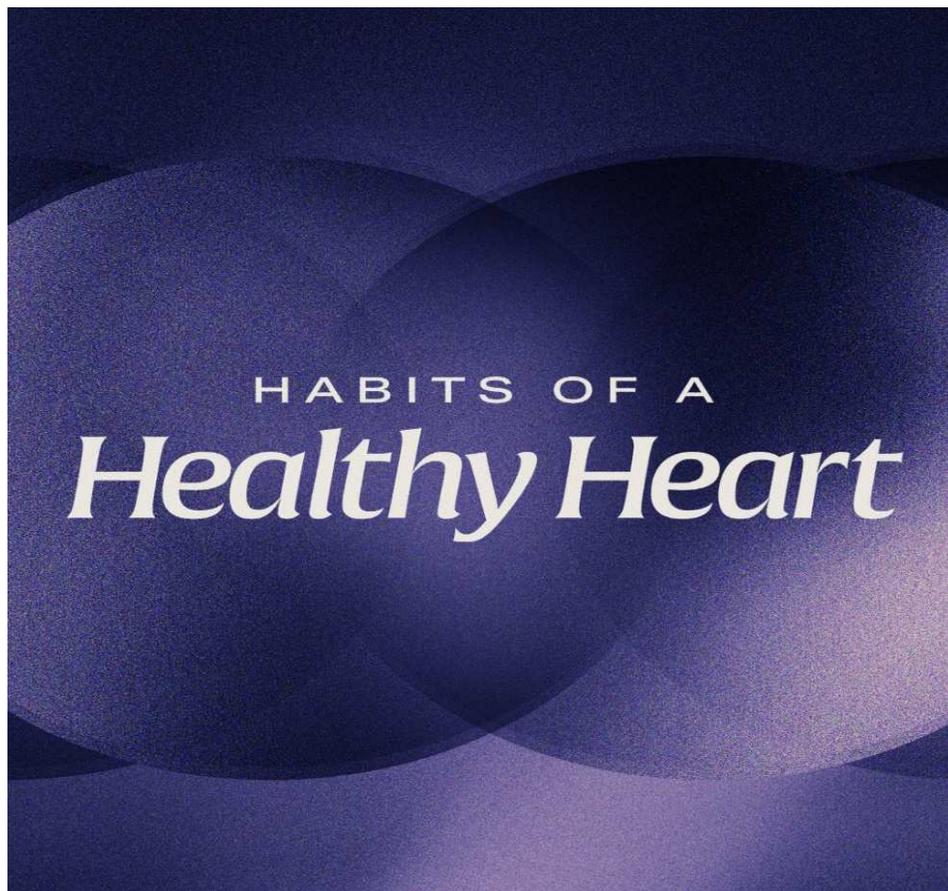


*The Forecast*  
*Hilton Baptist Church*  
101 Main Street, Newport News, VA 23601  
757-595-3300 / [www.HiltonBaptistChurch.org](http://www.HiltonBaptistChurch.org)



Having a spiritually healthy heart is akin to having a compass guiding one's journey through life's intricate paths. It signifies a profound inner alignment with one's values, beliefs, and connection to the world beyond the material realm. Such alignment cultivates a sense of inner peace and harmony, enabling individuals to navigate challenges with resilience and grace.

Moreover, a spiritually healthy heart fosters empathy, compassion, and gratitude, nurturing meaningful relationships and a deeper understanding of oneself and others. It provides a sturdy foundation for emotional well-being, offering solace in times of turmoil and inspiration in moments of joy.

Join us for this exciting new series. "Habits Of A Healthy Heart!"

***This Friday Night join us as we have a fun "Open Mic & Karaoke Night."  
Lite snacks and lots of good fun and music! Doors open at 6:30 pm  
and music begins at 7:00!***



### *Habits Of A Healthy Heart*

Having a healthy spiritual heart is essential for nurturing our inner being and fostering a deeper connection with our God. Just as physical exercise and proper nutrition are vital for maintaining a healthy body, spiritual practices such as prayer, meditation, and reflection are necessary for the well-being of our spiritual heart.

Having a spiritually healthy heart is akin to having a compass guiding one's journey through life's intricate paths. It signifies a profound inner alignment with one's values, beliefs, and connection to the world beyond the material realm. Such alignment cultivates a sense of inner peace and harmony, enabling each one of us to navigate challenges with resilience and grace.

Moreover, a spiritually healthy heart fosters empathy, compassion, and gratitude, nurturing meaningful relationships and a deeper understanding of oneself and others. It provides a foundation for emotional strength, offering comfort in times of turmoil and inspiration in moments of joy.

A spiritually healthy heart serves as a source of strength and resilience, empowering individuals to find purpose and meaning in their experiences. Through spiritual practices such as meditation, prayer, or mindfulness, individuals cultivate a deeper connection with the essence of existence, transcending the boundaries of ego and material desires. This connection fuels a sense of gratitude for life's blessings, fostering a profound appreciation for the interconnectedness of all beings. Ultimately, nurturing a spiritually healthy heart is a transformative journey towards wholeness and fulfillment, enriching every aspect of one's life with purpose, joy, and profound inner peace.

A healthy spiritual heart enables us to cultivate virtues such as love, compassion, forgiveness, and gratitude. These virtues not only enhance our relationship with the divine but also enrich our interactions with others, leading to a more fulfilling and meaningful life. When our spiritual heart is strong, we are better equipped to navigate life's challenges with grace and resilience, finding solace and strength in our faith.

Ultimately, the importance of having a healthy spiritual heart lies in its ability to nourish our soul, providing us with the inner peace, joy, and fulfillment that come from being connected to something greater than ourselves. As we strive to cultivate a healthy spiritual heart, may we always remember that it is not just about the destination but also the journey, embracing each moment with gratitude and humility as we walk the path of spiritual growth and enlightenment.

*On the grace journey together with you, Lynwood*

# The Hilton Baptist Church Record

Lynwood Wells, Pastor

April 16, 2024

Budget \$4195.00

Budget Designated– Use of Church– PPQG \$50.00

Annie Armstrong Offering \$10.00

Cash in Cash out– Sonshine Kids \$160.00

Cash in Cash out– Peninsula Rescue Mission \$25.00

Food Pantry \$110.00

Total Deposit \$4550.00



## *Yearly Kids Training– Sunday, April 21st after morning workshop*

We will be having our yearly training session for all individuals that work with Kids. This is very important so please make every effort to attend. Lunch will be served. If you are attending, please sign up in the mission outreach corner. This way we will know how to prepare for the meal. (If your spouse would like to stay with you., that is fine, just please let Dreama know)

*Lock up/ Hall Monitor* 4/21 Joe Caskie 4/28 Roger Cooke

*Counter* 4/22 Kathy Caskie 4/29 Margaret Uplole

*Kids Church* 4/21 Tracy Venable 4/28 Grace Nicholson

*Upcoming Events for the Kids* Friday, April 29th- The Kids are in charge of the Community Dinner, they will be serving and having a great time . 5:30pm Parents are invited to come and eat dinner with us!

## *Happy Birthday in April*

4/20 Nicholas Gibson 4/17 Pat Painter

4/22 Dorothy Cook 4/26 Lillian Clopton



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

### ***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***

OD, Steven Kunkel, Sarah Prewitt, SS (Asian Pacific Rim People) LB (Central Asian People) DC (Northern African and Middle Eastern People) Steven Hilton (Alberta) Yang Sup Lee (British Columbia) Bruce Wood (CA) Blake Fortner (MO)

### ***Serve the City***

There are many opportunities to serve. See [www.stcpeninsula.com](http://www.stcpeninsula.com)

Or Pam Cooke and she will send you in the right direction.

### ***BIG SERVE WEEK June 25– 29th***

Save the Date– More information will be available on the website soon.

There are many ways you can serve!

### ***WMU Monthly Mission Project***

WMU April Mission Project– Peninsula Rescue Mission–Pillow cases, twin flat and fitted sheets (dark color) caffeinated coffee, creamer, sugar, paper towels, Windex, Lysol Disinfectant , Clorox and Clorox Cleaner, Bathroom Cleaner, Laundry Pods, travel size shaving cream and men's underwear.

### ***Community Dinner– Friday, April 26th***

Plan now to come and be a part of the Community Dinner. The HBC/ JC Kids will be serving that night. You will want to come and be a part, and visit with our guests.

Menu: Sloppy Joes, Applesauce, chips and chocolate pudding. YUMMY! Come on out for a great night!

### ***Senior Bingo Prizes***

We are collecting Bingo Prizes for the residents of Berkely Village and Ashe Manor to support Serve the City. Anything is great. Dollar Tree gifts are suggested! Thank you for giving to help this important outreach to Senior Adults.

### ***Southeastern Correctional “Soles for Souls” Walk***

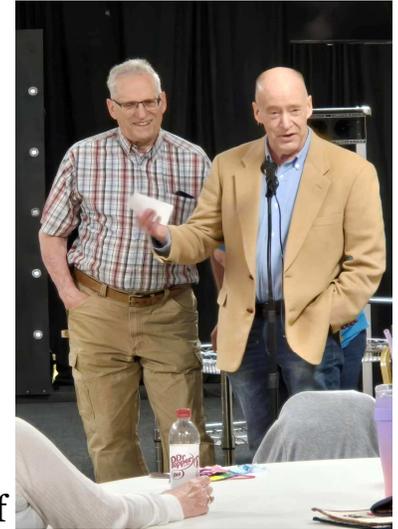
Saturday, April 27th Check in 10:00am Walk 10:15 Lunch 11:30

The Event takes place at Sandy Bottom Nature Park . SCM is a on– profit organization that ministers to the inmates in the correctional facilities in and around the Hampton Roads area. Your Contributions will enable SCM to purchase written Bible studies, devotionals and other materials.



***A Special Presentation  
from the  
Peninsula Piecemakers  
Quilt Guild In Memory  
of Denise Vassar.***

On Friday, April 12, 2024 the PPG presented Pastor Lynwood and Charles Vassar a check for \$1050 for the general funds of Hilton Baptist Church in memory of one of their long time and faithful members, Denise Vassar.



Denise was very active in the PPQG and is missed by everyone in the Guild along with all of us at HBC.

We want to thank the Guild so much for this donation. Not only have they honored Denise, they have also blessed the church.

**Calendar**

**Tuesday, April 16th**

No Food Distribution  
6:30pm Vision Team Meeting

**Wednesday, April 17th**

7pm Bible Study and online

**Thursday, April 18th**

1pm-2pm Food Distribution

**Friday, April 19th**

6:30pm– 9:00pm  
Karaoke Night - Prior Hall

**Sunday, April 21st**

9:00am Discipleship Class  
10:00am Live Worship at HBC

**Tuesday, April 23rd**

1pm-2pm Food Distribution

**Wednesday, April 24th**

7pm Bible Study and online

**Thursday, April 25th**

1pm– 2pm Food Distribution

**Friday, April 26th**

5:30pm-6:30pm Community Dinner

**Sunday, April 28th**

9:00am Discipleship Class  
10:00am Live Worship at HBC  
10:00am Sunshine Kids  
Food Bank Giveaway after  
Morning worship



## ***Someone To Pour Your Life Into***

Howard Hendricks, author and professor at Dallas Theological Seminary, suggests that every person should seek to have three individuals in their life: a Paul, a Barnabas, and a Timothy.

A Paul is an older person who is willing to mentor you, to build into your life. Not someone who's smarter or more gifted than you, but somebody who's been down the road. Somebody willing to share their strengths and weaknesses – everything they have learned in the laboratory of life. Somebody whose faith you'll want to imitate.

A Barnabas is a soul brother, somebody who loves you but is not impressed by you. Somebody to whom you can be accountable. Somebody who's willing to keep you honest, who's willing to say, "Hey, man, you're neglecting your wife, and don't give me any guff!"

A Timothy is a younger person into whose life you are building. For a model, read 1 and 2 Timothy. Here was Paul, the quintessential mentor, building into the life of his protégée – affirming, encouraging, teaching, correcting, directing, praying.

Do you have these three guys in your life?

## ***The Last Impression***

A preacher and the president of a soap manufacturing company went for a walk together.

The president said, "What good is religion? Look at all the trouble and misery of the world! Still there, even after years, thousands of years, of teaching about goodness and truth and love and peace. Still there, after all the sermons and teachings. If religion is good and true, why should this be?"



The preacher said nothing.

They continued walking until he noticed a child playing in the gutter. Then the preacher said, "Look at that child. You say that soap makes people clean, but see the dirt on that youngster. Of what good is soap? With all the soap in the world, over all these years, the child is still filthy. I wonder how effective soap is, after all!"

The president of the soap company protested, "But preacher, soap can't do any good unless it is used!"

"Exactly," replied the preacher. "Exactly."



## ***Worthy of the Name***

When Alexander the Great ruled all the known world, he made it his policy to hear any appeal made to him.

One day a young soldier was brought before Alexander for trial. The young man wore the tunic of Alexander's Army. "With what is he charged?" asked Alexander – who held absolute authority in all matters. There would be no appeal of his verdict. "He is charged with cowardice in battle," answered the prosecutor.

A great hush fell over the crowd gathered in the judgment hall. They knew Alexander as a general who expected his men to be valiant since he, himself, did not push his soldiers, but led them into the thick of battle. Alexander looked at the young soldier who was a mere youth, fair haired and still too young to shave. The angry scowl on his face slowly changed into an understanding smile, "What is your name, soldier?"

"Worthy King," responded the youth, "my name is the same as yours – Alexander."

Anger came back into Alexander's face, and he leaped to his feet. Alexander grabbed the soldier's tunic. "Young soldier." he said with great control, "either change your name, or change your behavior."

We are called "Christians". Are you worthy of the name?

## ***The Last Impression***

The Sunday school teacher was carefully explaining the story of Elijah the prophet and the false prophets of Baal.

She explained how Elijah built the altar, put wood upon it, cut the steer in pieces, and laid it upon the altar. And then, Elijah commanded the people of God to fill four barrels with water and pour it over the altar. He had them do this three times.



"Now," said the teacher, "can anyone in the class tell me why the Lord would have Elijah pour water over the steer on the altar?"

A little girl in the back of the room started waving her hand, "I know! I know!" she said. "To make the gravy!"



# 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](http://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!***



07-28-1998

O WAIT, THERE'S SOME EVEN FUNNIER STUFF  
IN CHAPTER TWO