

The Forecast
Hilton Baptist Church.
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You grip the steering wheel tightly, knuckles white as another car cuts you off and your frustrations bubble over. Another rejection email. Another closed door. It feels like the world is conspiring against you.



Anger, sadness, and anxiety swirl inside you like an untamed storm. “Lord, I can’t handle this,” you whisper. In that quiet moment, a verse surfaces in your heart:

“Be still and know that I am God.” – Psalm 46:10

Jesus Himself experienced deep emotions—anger at injustice, sorrow in the garden, compassion for the hurting—but He always entrusted them to the Father. You begin to realize that self-control wasn’t about suppressing emotions but surrendering them to the One who holds all things together.

When your emotions feel overwhelming, pause. Breathe. Pray. Remember, God is not asking you to suppress your feelings—He’s inviting you to surrender them. His strength is made perfect in your weakness (2 Corinthians 12:9).

Join us this Sunday as we conclude our exciting series on Jonah. Bring a friend or family member, as we watch our church continue to grow!



Finding Peace When Emotions Feel Out of Control

The other car swerved two lanes and cut you off. You can feel the overwhelming emotions start to spiral. Anger, fear, frustration, can rise like a storm, threatening to take over your heart and mind.

In those moments, it's easy to react impulsively, saying or doing things we later regret. But God calls us to a place of peace, even in the midst of our emotional turbulence, and we hear the whisper of the Holy Spirit urging us to recall the familiar words of the Psalmist David,

“Be still, and know that I am God.” Psalm 46:10

This is not just a call to quietness but an invitation to trust. When our emotions feel unmanageable, we can pause, breathe, and remember that we are not alone. God understands every emotion we experience, and He offers His presence as an anchor when we feel adrift.

Jesus Himself experienced deep emotions—He wept at Lazarus's tomb (John 11:35), expressed righteous anger in the temple (Matthew 21:12-13), and cried out in sorrow before the cross (Luke 22:44).

Yet, in every moment, He turned to the Father. That is our example. Instead of letting emotions control us, we surrender them to God.

A simple prayer—“Lord, I give this feeling to You. Help me respond with wisdom and grace.”—can shift our perspective.

Taking a deep breath, stepping away from a heated situation, or immersing ourselves in God's Word can bring clarity. Emotions are not our enemy; they are signals pointing us to the One who can calm the storm inside us.

No matter how out of control things may feel, God is greater. He offers peace beyond understanding (Philippians 4:7) and strength to respond in love.

Today, if emotions feel overwhelming, pause, pray, and trust—God is in control, even when you don't feel like you are. Pray for that other person for peace to come in their life first. Then pray, believe and expect to receive a release in your spirit also.

One final thing... Begin to praise God for the experience you are having. God inhabits the praises of his people. Build a habitation with your praise where the Holy Spirit can come and abide with you!

On the grace journey together with you, Pastor Lynwood

The Hilton Baptist Church Record

Lynwood Wells, Pastor

April 1, 2025

Budget \$4895.00

Annie Armstrong \$75.00

Cash in Cash out- Kids \$13.00

Total Deposit \$4983.00



Kids Easter Celebration

Saturday, April 12th 11am-2pm ages 4-12

Looking for volunteers to help- Please let Dreama know if you can help!

Plans are already being made!

Also, we are collecting candy for plastic eggs. It can be any kind of candy it just needs to fit inside a plastic egg. You can place your donations in the Mission Outreach Corner or in the office.

Projects with a Purpose- Anyone that would like to come out and help stuff the eggs we will be meeting Wednesday, April 9th at 1pm to get ready for the egg hunt.

There are invites in the Connection Center. Invite kids, its going to be a fun time. If you have any questions, please see Dreama .

Schedules

Lock up/ Hall Monitor

4/6 Roger Cooke

4/13 David and Lisa Falls

Counter

4/7 Joe Wircenske

4/14 Margaret Upole

Kids Church

4/6 Kathy Caskie

4/13 Tracy Venable

Grass Cutting

4/13 Stan Langdon

4/27 Chas Johnson

Annie Armstrong Easter Offering

Collected to Date \$ 1080.00

Calendar

Tuesday, April 1st

12pm-1pm Food Distribution

Thursday, April 3rd

12pm-1pm Food Distribution

Sunday, April 6th

9:00am Discipleship Class

10:00am Online and Live

Worship at HBC

10:00am Sonshine Kids

Produce Giveaway after Worship

Tuesday, April 8th

12pm– 1pm Food Distribution

6:30pm Vision Team

Wednesday, April 9th

1pm Egg Stuffing

Thursday, April 10th

12pm– 1pm Food Distribution

Saturday, April 12th

11am-2pm Kids Easter
Celebration

Sunday, April 13th

9:00am Discipleship Class

10:00am Online and Live

Worship at HBC

10:00am Sonshine Kids

Full Food Distribution after
Service, Free and open to the
public

Trash Can Key

If you had a trash can key, you need to check with Dreama in the office. We had to change the lock and the key you have now will not work! She has a new key for you.

April Easter Celebrations

Friday, April 18– 7pm Good Friday
Service

Saturday, April 20th 10am Worship
Celebration– Jeus is Alive!

What a great time to invite your friends
and family to come to church!
We can celebrate we serve a risen Savior!



Happy Birthday in April

4/3 Charles Vassar

4/13 Tara Borton

4/17 Pat Painter

4/20 Nicholas Gibson

4/22 Dot Cook

4/26 Lillian Clopton

4/29 Wayne Tawney

Missions Outreach

***If you have any questions on Missions Outreach Activities
call Pam Cooke 757-660-4226***

Pray for our Missionaries

NB, Lori Loomis, SS, RW (Asian Pacific Rim People) CD, CH (Central Asian People) Daniel Biles, Lori Upchurch, Denise Wood (European People) MM (Northern African and Middle Eastern People) Chris Willis (Sub Saharan African People) Chris Cummings (AZ) Suzanne Perry (BC) Scott Nichols (IL) Bezalem Workneh (MD, Kelly Mitchell (MT)

April Community Dinner is Friday, April 25th 5:30pm-6:30pm

We are needing help with clean up all through the dinner. Please contact Pam Cooke if you can help. We give away food that night, if you can help with Food Distribution, please contact Tara.

We had approximately 155 guests last month and we can use your help! God has given us the resources to help those who are in need. Let us work together to share the love of Jesus with our community

WMU Mission Project for April— Peninsula Rescue Mission

We are collecting for the PRM in the month of April. This is a list of things that they need: Sugar, ground coffee (caffeinated) , loaves of bread, Any kind of meat (we can freeze and deliver it to them that way), salad dressing (no ranch) and diced tomatoes.



Laura Jordan on the Praise Team , has a brother that is looking for a kidney donor. If by chance anyone knows of someone who might be capable and willing to be tested for being a donor match, please contact our church office for further info. And please join your faith with ours that a qualified donor will soon be found

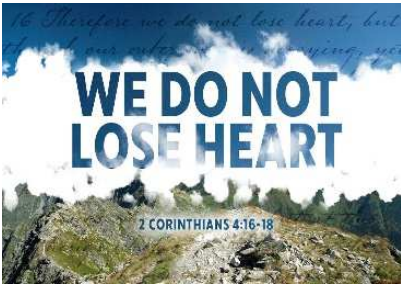
Warwick High School Day of Service

Tammy Ortery along with 5 girls from Warwick High School came last Tuesday and worked in the clothes closet for community service. They did an outstanding job! Tammy said the girls enjoyed doing it!

These are IB Students (International Baccalaureate) and they needed community service as part of their diploma. It was a great having them come to HBC.

Thanks Tammy for thinking of us! You guys rock!





We Do Not Lose Heart

“We fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”— [2 Corinthians 4:18](#)

John 9 tells a story about Jesus healing a man who was blind since birth. Jesus mixed his own saliva with some dirt, spread the muddy mixture on the man’s eyes, and told him to go and wash in a pool—and the man received sight. For his entire life, this man had seen nothing but darkness, but Jesus gifted him with seeing eyes after proclaiming, *“I am the light of the world”* ([John 9:5](#)).

The apostle Paul advises God’s people not to lose heart when the troubles of this life dim our outlook on the future. When we are discouraged by the sin and injustice of the world, a broken relationship, a tough situation at work, a grim financial outlook, a health crisis, and more, it can feel like we are sitting in a dark room. How will this ever be resolved?

It’s all about perspective and what we focus on. We can sit around with mud on our eyes, or we can wash it off and see the light of Jesus. Paul says the problems we see are temporary, but the hope we have in Jesus—though unseen—is eternal.

The body you’re sitting in was not created to last forever; mine is not expected to last more than a few years. But as Christians, we share a bright future in Jesus Christ, the light of the world.

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!"



When It Seems God Is Silent

I absolutely love it when God speaks to me. Sometimes it's through His Word. Other times it is through another person. And on other occasions it is through the direct quiet voice of His Spirit into my spirit.

But recently I have taken another step along in my spiritual development. I am also learning to love it when it seems God is silent.

When Lazarus was dying, his sisters urgently called for Jesus. Imagine how their grief must have compounded when He didn't instantly respond.. God's silence is difficult to accept. Why is He silent at times?

Silence delays His action. We want Him to leap into action when we call, particularly if we are hurting or afraid. But since He promises to meet our needs, we can be sure that a silence from heaven has purpose.

Silence draws our attention. The disciples knew that Jesus could heal, so they must have wondered why He delayed instead of rushing to His friend's bedside. But the Lord wanted them to witness something even greater: His power over death! They had been confused by His statements about conquering death, and they needed to understand that He could fulfill His own resurrection prophecies. (Mark 9:31-32) The miracle at Lazarus' tomb was part of their preparation.

Silence deepens our assurance. Mary and Martha sent word of Lazarus' illness because they anticipated that the Lord would heal him. But would their faith waver if that expectation was not met?

Martha answered the question by stating, *"I believe that you are the Christ."* (John 11:21-27) The Lord rewarded the women's trust with a stunning miracle: their brother's return to life.

At times, the only thing we can hear when we pray is our own breathing. That can be frustrating and frightening. But Scripture says God is always with us. The Sovereign silence will not last forever.

In Job 23:8-10 we read *"But if I go to the east, he is not there; if I go to the west, I do not find him. When he is at work in the north, I do not see him; when he turns to the south, I catch no glimpse of him. But he knows the way that I take; when he has tested me, I will come forth as gold."*

According to Hebrews 13:5, God says *"Never will I leave you; never will I forsake you."* When you pray and it seems God is silent in His reply, cling those promises as you seek the purpose behind His silence.



God...Is **He In Your Will?**

God Word commands us, *“Lay not up for yourselves treasures upon earth, where moth and rust does corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust does corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also”* (Matt. 6:19-21).

By planning ahead in writing your will and choosing to leave part of your estate to the ongoing work of God’s Church, you can continue to fulfill God’s purpose even after your death. Sometimes I like to ask, *“You want to be in God’s will... Shouldn’t He be in yours?”*

Your Last Will and Testament can stand as a final act of good stewardship. Oftentimes a designation of the tithe, or simply one-tenth of your estate will far exceed beyond many tithes and offerings given at their present value. When we specify a portion of our inheritance to God first, we honor not only Him but our family and friends as well.

God Himself has told us that everything belongs to Him: *“The earth is the LORD’S, and the fullness thereof; the world, and they that dwell therein”* (Psa. 24:1). As good stewards, we must seek God’s will in deciding what we do with His gifts. We know that God accomplishes His purpose through those who seek to do His will, and that He has *“has put in [our] hearts to fulfill His will”* even after we are gone! (Rev. 17:17).

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

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

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Thanks to Richard Germain

11-01-2006

THANKS FOR THE POP QUIZ, FELLA ... I SUPPOSE I NEED TO GO AND RETAKE THIS CLASS