



No Limit Weekend

Youth and Young Adult Ministry of First Baptist Church
418 E. Bute Street, Norfolk Va. 23510
Dr. Robert G. Murray, Senior Pastor
March 2-4, 2013
Register @ www.firstbaptistnorfolk.org

The "No Limit Weekend Conference" is a three-day meeting designed to bring together youth and young adults from all across the Hampton Roads Region. All events are free --registration is required

March 2
Health & Faith Workshops with the Newby Foundation Norfolk State University Campus 9 am--3 pm
Emerging Voices--The Next Generation of Singers & Musicians will offer their gifts-- First Baptist Church 6 pm

March 3
First Baptist Church 6pm College Gospel Choir Sing Off-- Virginia State vs. Elizabeth City State

March 4
No Limit Worship with Dr. Marvin Sapp First Baptist Church 7pm
Doors Open at 6 pm

Preacher of the Hour--Dr. Marvin Sapp

1st Annual
State Health
Elevation Conference

March 2nd, 2013
7:45 a.m. - 4:30 p.m.
at the NSU
Student Union Center

The Youth and Young Adult Ministry of First Baptist Church and their “No Limit Weekend” has partnered with the Newby Foundation and the State Health Elevation Conference to offer a variety of empowerment opportunities for youth and young adults. This Health and Faith Day –March 2 will offer the following classes & activities designed to inspire and inform the next generation.

Classes: How to Release the Pressure—when life is overwhelming—how do I handle it all?

Temple Care---Hair and Skin Classes---You are beautiful!

Bowling---enjoy this wonderful exercise while laughing with friends

He has His Hands on you---discover God’s care

Praise Him in Advance-----what happens when I tell God thank you before

Along with Health Screenings, Eye Exams, and More!

It’s Free! Lunch Provided! But you must register at www.firstbaptistnorfolk.org