CHRISTMAS SALE

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The Mission of the Rock Church...
Is to save, equip, and send out soul-winners for Jesus Christ.

Senior Pastor: Miles McPherson
Executive Pastors: Rick Linamen, Doug Childress

Vic Alvarado Pastor of Marriage and Family.....x5169

Zack Jones Executive Director of Rock Sports _____ x5170

WEEKEND SERVICES

Sunday 8 AM • 10 AM • 12 PM • 5 PM • 7 PM Interpreting for the deaf is available at the 10 AM service.

Pebbles Pathway 8 AM • 10 AM • 12 PM • 5 PM
Pebbles Pathway children's service for infants through 5th grade available.

Junior High 10 AM • 12 PM • 5 PM (grades 6-8)

Senior High 10 AM • 12 PM • 5 PM (grades 9-12)

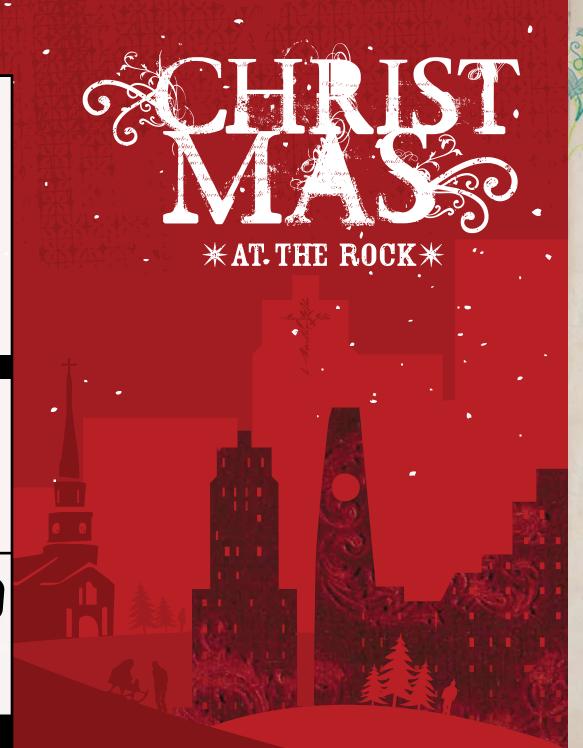
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Rockpile Bookstore

Monday - Saturday 2 PM - 7 PM • Sunday 7:30 AM - 9:30 PM 2277 Rosecrans St. San Diego, CA 92106 • Phone: 619.764.5280







THROUGH PRAYER AND FASTING

Join Pastor Miles McPherson and the Rock family as we start our church-wide fast. On January 7 we will start 21 days of fasting and praying as we seek clarity from God on how we will be effective stewards in 2008.

Week One: Preparing for the Fast

Cut back your solid food intake so your digestive system can gradually adjust to your new low caloric intake. Begin consuming only fresh fruits and vegetables. Increase your water intake to atleast 64 ounces a day. Increase your time spent in the word and in prayer.

Week Two: The Fast

Start your fast by only consuming fresh fruit juice, vegetable broth, and/or organic green tea. Continue drinking water. Get plenty of fiber and rest. Limit you activities to light exercises and walks.

Week Three: Post Fast

Slowly introduce the same food you ate in week one and drink atleast 4 ounces of water at least 30 minutes before each meal and 2 hours after your meal.

For complete instructions, receipt ideas, and study from Pastor Miles visit www.therocksandiego.org.

Weekly Reading

BIRTH OF **JESUS CHRIST**

Monday - Luke 2:1-7

Tuesday - Luke 2:8-14

Wednesday - Luke 2:15-21

Thursday - Luke 2:22-24

Friday - Luke 2:25-35

Saturday - Luke 2:36-40

Sunday - Luke 2:41-51



Get the Message



Purchase today's message CD for \$5 in the Rockpile Store located next to the Cafeteria, or sign up for a weekly subscription at www.rockpilestore.com.



Weekly Podcast of each message is available online at www.therocksandiego.org, where you can also watch the current message video and download the lesson plan.

This week at the Rock

Monday, December 24



Tuesday, December 25

Hip Hop Ministry: Classes - postponed Off Campus Homeless Ministry: Bread of Life - postponed 7:30 PM Off Campus Young Adult Small Group Café - postponed 7:30 PM Rm 232

Wednesday, December 26

Women's Ministry: SISTERS in Christ - postponed 6:30 PM Rm 232 7 PM Single Parent Family Ministry: Deesis Rm 236

Thursday, December 27

Homeless Ministry: Bread of Life Off Campus

Friday, December 28

Rock Recovery Ministry: Bonfire Off Campus 7:30 PM Homeless Ministry: Bread of Life Off Campus

Saturday, December 29

8 AM Prayer Ministry: Saturday Morning Prayer Chapel 11:30 AM Homeless Ministry: Church Without Walls Off Campus

Sunday, December 30

Prison Ministry: Sunday Service Donovan State Prison Off Campus

Announcements

Homeless Ministry

The Rock Church Homeless Ministry serves over 1000 homeless people weekly. As winter is upon us, there is a high demand for men's and women's coats. The coats do not have to be new, just gently used and clean. For more information, contact Frankie Stahl at frankie.stahl@gmail.com

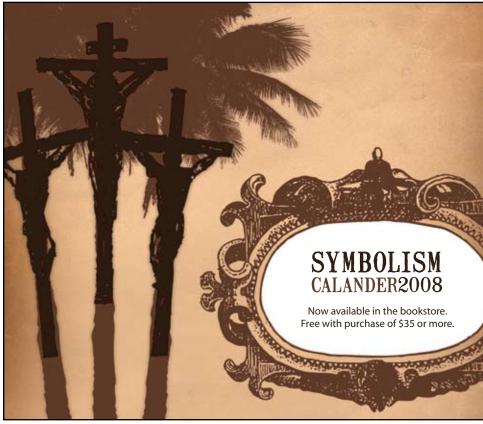
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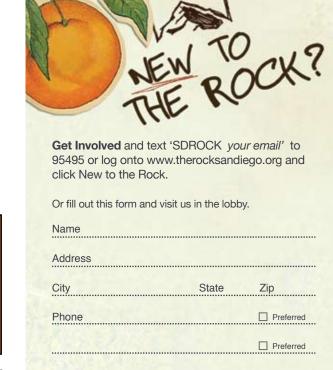
Visit us at the Rockpile to subscribe yourself or a loved one to our weekly sermons. These are great tools to help guide people towards a personal relationship with Jesus Christ. CDs may be purchased in the store or online at www.rockpilestore.com.



Join Miles McPherson at an unprecedented convergence of over 30 Christian and global influential leaders such as Jay Sekulow, George H.W. Bush, Larry King, Kay Warren and many more at the inaugural Rethink Conference in Los Angeles. For more info, log onto www.rethinkconference.com.

January 17-19 • Crystal Cathedral





	Name				
	Address				
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	Phone			☐ Preferred	
				☐ Preferred	
	Birth Today is my firs				
Demographics					
	☐ Male ☐ Single ☐ Military	Female Widow Police	v(er)	☐ Married☐ Divorced☐ Firefighter	
	Name(s) of family member(s) & birthday(s):				
I would like more information on:					
	Pebbles Pathway (Children)				
	The Break (Jr. High)		Marriage & Family		
	SHM (Sr. High)		Academy (Pre K-12th		
	Remnant (Young Adult)		Rock University		
	Women's Ministry		NP3 (Building Project)		
	☐ Men's Ministry ☐ Miles Ahead				
I recently:					
	☐ Accepted Chris	t [Rede	dicated my life	

