



PRAY FOR US!

8.1.11-8.5.11

Pray for unity and traveling mercies for Romania team (leaves 8.1), our Nigeria team (leaves 8.3) and our Asia team (leaves 8.5). Traveling will require numerous hours on buses, on planes and in airports. Pray for divine appointments all along the way. **Colossians 4.2**

8.6.11-8.10.11

Pray for all the children being ministered to in orphanages, high schools and sports & english camps. Pray that God would use our teams to usher people out of darkness and into His marvelous light. Pray protection over the physical health of all teams. **Acts 26.18**

8.11.11-8.15.11

Pray for all the local believers to be encouraged and that many in foster homes, prisons, hospitals and villages would come to the saving knowledge of Jesus. **Matthew 21.22**

8.16.11 - 8.21.11

Pray for the successful debriefing of teams, minimal culture shock & safe journey home. Pray that all who hear the stories of their adventures abroad would be encouraged and edified in their faith. **Psalms 66.19**

therockuniversity.org/  
impact195

**The Mission of the Rock Church...**  
is to Save, Equip and Send out a motivated ARMY of believers who engage every segment of society while remaining true to our DNA.



**Miles McPherson** is the Senior Pastor of the Rock Church and author of Do Something! Make Your Life Count. He is also the founder of DoSomethingWorld.org, which unites churches, governments and organizations across the globe to be a catalyst for change in their own communities. The Rock is one of the largest churches in the US and home to over 100 outreach ministries. In 2010, the Rock Church donated 228,000 hours of community service to the City of San Diego.

SERVICES TIMES

**Sunday** • 8AM • 10AM\* • 12PM • 5PM • 7PM // **North County** 5PM • 7PM  
*\*Interpreting for the deaf is available at the 10AM service.*




**Children's Services** • 8 AM • 10 AM • 12 PM • 5 PM // **North County** 5PM  
*Children's service for infants through 5th grade. Special Needs available at 10 AM and 12 PM.*

**To ensure the best worship experience for everyone, we ask that you do not bring children under the age of 5 into the main sanctuary.**

**Junior High** • 10AM • 12PM • 5PM // **High School** • **Wednesday** 7PM

**RockTV: Sundays** • 11PM • **San Diego 6** // **Rock Radio: KPRZ 1210** • M-F 4:30PM

WAYS TO GIVE

-  **CASH:** PROVIDE DONATION AMOUNT. FILL OUT ADDRESS SECTION OF THE ENVELOPE PROVIDED.
-  **CREDIT:** TO GIVE ONLINE, VISIT [WWW.SDROCK.COM/GIVE](http://WWW.SDROCK.COM/GIVE). TEXT/EMAIL YOUR GIFT OF ANY AMOUNT TO [SDROCK@MOGIV.COM](mailto:SDROCK@MOGIV.COM) OR COMPLETE ALL INFORMATION REQUESTED ON ENVELOPE.
-  **CHECK:** FOR IN-SERVICE CONTRIBUTIONS, YOU DO NOT NEED TO USE ENVELOPE. MAKE SURE CURRENT NAME AND ADDRESS IS ON YOUR CHECK.

*To give non-cash gifts such as stock, property, etc. or estate planning, contact Stewardship Office at 619.764.5164.*

**Rockpile Bookstore**  
[www.rockpilebookstore.com](http://www.rockpilebookstore.com) • 619.764.5282

Monday - Friday 10AM - 9PM  
Saturday 10AM - 6PM  
Sunday 7:30AM - 9PM

**Rock Thrift Store**  
[www.rockthriftstore.com](http://www.rockthriftstore.com) • 619.876.4187

Monday - Saturday 9AM - 7PM  
Sunday 9AM - 6PM  
Donations Accepted Daily 9AM - 6PM  
3191-B & E Sports Arena Blvd.

**Rock Academy and Preschool** • [www.therockacademy.org](http://www.therockacademy.org)  
The Rock Academy is a WASC-accredited, college preparatory K-12 school. Call 619.764.5200  
The preschool is a fully licensed, infant-to-5-year preschool. Call 619.764.5205

**Need prayer?** Visit [www.sdrock.com/prayer](http://www.sdrock.com/prayer)  
**Twitter:** [www.twitter.com/therocksandiego](http://www.twitter.com/therocksandiego) **Facebook:** [www.facebook.com/therocksandiego](http://www.facebook.com/therocksandiego)  
**619.226.ROCK** • [www.therocksandiego.org](http://www.therocksandiego.org) • [www.therocknorthcounty.org](http://www.therocknorthcounty.org)



STORIES



A NEW HEART  
SHAWNA FORREST

Most mothers will tell you giving birth to a child is the worst pain they've ever experienced. For Shawna Forrest, the pain of giving birth to Sloane was nothing compared to what lay ahead.

TO READ SHAWNA'S STORY VIST

[SDROCK.COM/STORIES](http://SDROCK.COM/STORIES)



JULY 31, 2011





## RELATIONSHIP WITH DIABETES

We welcome everyone who has a relationship with diabetes - has it, knows a relative with it, a child, or a friend, all are welcome. Tuesdays at the Rock at 6:30pm in room 253.

## HOMELESS MINISTRY

Help support the Homeless Ministry by taking a 6 week FITNESS journey! You will be challenged, encouraged and changed! All fitness levels are welcome. We start out as friends...we leave as family! For more more info and to pre-register go to [sdrock.com/ministries/homeless](http://sdrock.com/ministries/homeless).



The Sailing Ministry is hosting a Kid's Sail & FUN Picnic on August 27 for foster and adoption center youth. Be a blessing and sponsor a child for this event

[sdrock.com/ministries/sailing](http://sdrock.com/ministries/sailing) or contact Erik 619.436.7895.

## HOOPS THERE IT IS

Intermediate Men's & Women's Basketball Leagues start **August 10**.

\$80 for new players w/o jersey, \$70 for those returning. Includes 8 games, playoffs, official fees. Games @ Balboa Park.

**Sign up:** [sdrock.com/ministries/basketball](http://sdrock.com/ministries/basketball) or visit the lobby table.

>>FOR MORE INFORMATION ON OUTREACH MINISTRIES VISIT

**SDROCK.COM/OUTREACH**

# Announcements\*

>> FOR MORE EVENTS VISIT [WWW.SDROCK.COM/EVENTS](http://WWW.SDROCK.COM/EVENTS)

### Events Ministry

Are you passionate about to-do lists, thrive in a fast-pace environment, love multi-tasking, or are solution oriented? God has given you these unique gifts and we hope you will feel led to be a part of the Events Ministry.

Contact: [events@therocksandiego.org](mailto:events@therocksandiego.org)

### Simply Worship in the Sanctuary

Join us for an extended time of worship and praise! All ages welcome for worship, and communion will be available. Tuesday, August 2 at 7PM in the Rock Church Sanctuary. For more info about all worship events, contact Brenda at [brenda.fejeran@therocksandiego.org](mailto:brenda.fejeran@therocksandiego.org).

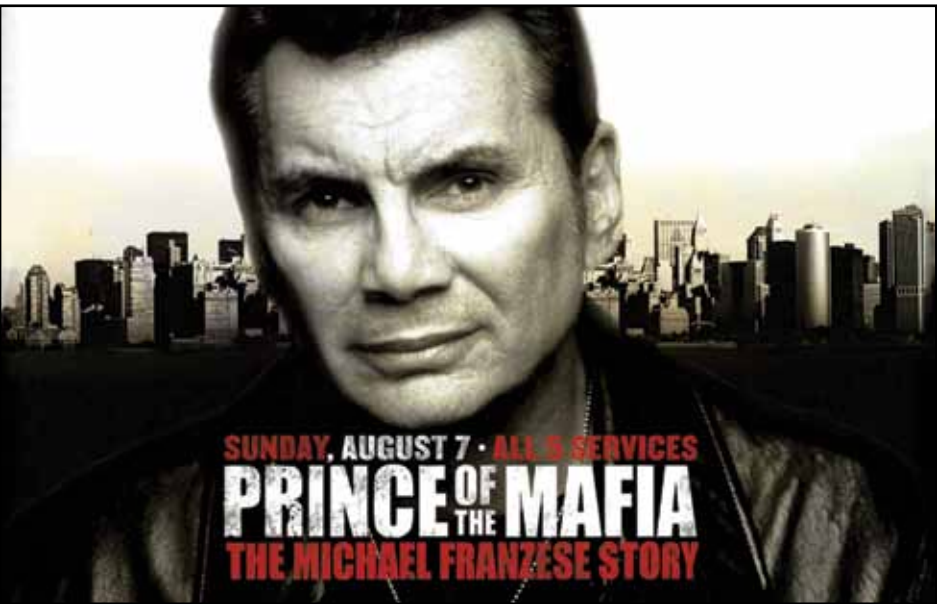
### Men of the ROCK!

Worship and fellowship with your brothers and hear former Pro boxer Ebo Elder share his powerful testimony and give a sneak peek of what they will hear from him at the Men's Retreat, October 21 - 23. Don't miss this blessing Tuesday, August 2 at 6:30PM in the Cafeteria!



**WATCH ONLINE**  
[sdrock.com/live](http://sdrock.com/live)  
8AM • 10AM • 12PM  
• 5PM & 7PM

[www.sdrock.com/smallgroups](http://www.sdrock.com/smallgroups)  
**PRAYER FOR THE CITY**  
**AUGUST 21-27**  
ROCK CHURCH SMALL GROUPS



**SUNDAY, AUGUST 7 • ALL 3 SERVICES**  
**PRINCE OF THE MAFIA**  
**THE MICHAEL FRANZESE STORY**



**MONDAY**  
**6PM**  
**AUGUST 15**  
**MARINER'S POINT**  
[WWW.SDROCK.COM](http://WWW.SDROCK.COM)

IF YOU'VE ACCEPTED CHRIST BUT HAVE NEVER MADE YOUR FAITH PUBLIC, JOIN US FOR THE JOY OF BEING BAPTIZED.  
**SARAH.MOESTA@THEROCKSANDIEGO.ORG**

**CRITICAL INCIDENT STRESS MANAGEMENT**  
**CISM: GRIEF FOLLOWING TRAUMA**  
**THURSDAY, AUGUST 11 AT 6PM IN THE CAFETERIA & 12-13 IN RM 235.**  
The 13-hour course is for anyone in a role where they need to help others through trauma or crisis. It's one in a series of Crisis Intervention and Disaster Response workshops hosted by the Rock Church. Participants must attend all sessions to receive certification.

**GOD OF NEW BEGINNINGS**  
*Psalms 71:20*  
**from Bitter to Sweet**  
**WOMEN'S RETREAT 2011**  
*August 19 - 21*  
WITH SPECIAL GUEST LAURIE COLE  
COST: \$190  
Calvary Chapel Conference Center in Murrieta Hot Springs • Fees include: lodging, all meals, linens and towels.

# Join the Rock A.R.M.Y.

The A.R.M.Y. is the Rock Church's foundation for growth and membership. Through our A.R.M.Y. spiritual formation steps you will find Accountability, achieve spiritual growth in Reaching the lost, have an opportunity to do something in Ministry, and become a good steward of Yo' Money, time, and talent. Membership is achieved by these simple steps:

**Step 1 • Enlist in the A.R.M.Y.**

**First Name** .....

**Last Name** .....

**Address** .....

**Phone** ..... **D.O.B.** .....

**Email** .....

**@** .....

**Step 2 • Become Active by completing one of the four core classes**

**A** Accountability Seminar: Understanding the importance of Accountability.

**R** Reaching the Lost Seminar: Understanding the importance of Reaching the lost.

**M** Ministry Seminar: Understanding the importance of Ministry involvement.

**Y** Rock Financial Life Class: Understanding how to manage your Yo' Money, time, and talent.

For Class information visit [www.sdrock.com/army](http://www.sdrock.com/army)

**Step 3 • Complete all 4 classes to become a Graduate and receive your Rock A.R.M.Y. membership card, with benefits!**



For more info, visit [www.sdrock.com/army](http://www.sdrock.com/army).