

# STAY CONNECTED

Updating my information  I'm NEW!

Name ..... DOB .....

Address .....

City ..... State ..... Zip .....

Home Phone ..... Cell .....

Email .....

@ .....

Campus:  Pt. Loma  North County

- Male  Female  Married  
 Single  Widow(er)  Divorced  
 Military  Police  Firefighter

Name(s) and birthday(s) of household member(s):

.....  
 .....

facebook.com/.....

twitter: @ .....

Find us on Facebook at  
[facebook.com/therocksandiego](http://facebook.com/therocksandiego)

Follow us on twitter at  
[twitter.com/therocksandiego](http://twitter.com/therocksandiego)

How did you hear about us?

- Friend or Family  On the News  Radio  
 Social Media  Drive By  Web

Other .....

Receive Rock News! [your email]"

## The Mission of the Rock Church...

is to Save, Equip and Send out a motivated ARMY of believers who provide Pervasive Hope according 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 2011, the Rock Church donated 235,286 hours of community service to the City of San Diego.

## SERVICES TIMES

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

*\*Rock Kids services are for Infants through 5th grade. Special Needs available at 10 AM and 12 PM.*

**Junior High** • 10AM • 12PM • 5PM // **High School** • 5PM  
 For other Rock Church campuses, visit [sdrock.com](http://sdrock.com).

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

## OTHER RESOURCES

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

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

**Preschool**  
[therockacademy.org](http://therockacademy.org) • 619.764.5205  
 Fully licensed, infant-to-5-year preschool.

**Rock Academy**  
[therockacademy.org](http://therockacademy.org) • 619.764.5200  
 WASC-accredited, college preparatory K-12 school.

Need prayer? Visit: [sdrock.com/prayer](http://sdrock.com/prayer)



## WAYS TO GIVE:

### GIVE NOW

Drop off your gift envelope in the lobby.

### GIVE ONLINE

For fast and convenient gifts visit [sdrock.com/give](http://sdrock.com/give)

### TEXT GIVE 2

Text or email your gift (i.e. 25) to [sdrock@mogiv.com](mailto:sdrock@mogiv.com)

**CAN'T MAKE IT TO THE ROCK NEXT WEEK? WATCH US ONLINE OR ON THE GO!**

619.226.ROCK • [SDROCK.COM/LIVE](http://SDROCK.COM/LIVE)



# IN THE MOVIES



## SIGN-UP TODAY!

### Beautify

Help beautify school campuses throughout San Diego County!

### Invest

Show students we care about their future.

### Volunteer

Opportunities are available for all ages, so bring the whole family!

**SCHOOL SITES:** Mann Middle School, Lincoln High School, Gompers Preparatory Academy, Millennial Tech Middle School, Knob Hill Elementary School (San Marcos)

[SDROCK.COM/E10592](http://SDROCK.COM/E10592)

NEW WAYS TO CONNECT





## OUTREACH

# embrace

Ex 4 Vets II is a one-hour aerobic kickboxing bootcamp led by KUSI's fitness coach, Cindy Whitmarsh. This event supports homeless and disabled veterans throughout the year. After the workout, you'll enjoy music, food, and vendor booths. For more info, email us at [embrace@sdrock.com](mailto:embrace@sdrock.com) or visit us in the lobby today!

## SWIMMING UPSTREAM

Ladies, do you remember those crazy, stressful teen years? Did you ever wish you had a fun, godly, "big sister" who really cared about your life? Well, this is your chance to do just that. Help empower and equip a teen in need - BE A MENTOR! Contact [tutor@sdrock.com](mailto:tutor@sdrock.com) for details and come see us in the lobby today!

## LUVEMUP

Luvemup reaches out to individuals with disabilities. We are looking for dedicated volunteers and supporters with the heart and calling to work with disabilities of all kinds. If you want to be a blessing while being blessed, this is your chance to make a difference. To find out more, email us at [luvemup@sdrock.com](mailto:luvemup@sdrock.com) or visit us in the lobby today!

## SKI/SNOWBOARD?

Beginners, families, and all experience levels welcome! Join us for our next informational and planning meeting Aug 13 at 6:30PM in RM 225. For more details, email us at [snow@sdrock.com](mailto:snow@sdrock.com).

## HIKING MINISTRY

The Hiking Ministry is hosting a night of worship, prayer, and praise. Join us Friday, Aug 24 at 6:30PM in RM 232. All are welcome! For more information, email us at [hiking@sdrock.com](mailto:hiking@sdrock.com).



**W**hen Brandon Young, leader of the Rock Comedy ministry, heard that a Rock Church member named Malaku was in the final stages of a terminal illness, he called Derek, his fellow Rock Comedy performer and asked, "Are you up for a gig?"

Arriving at the hospital, Malaku's caregiver warned Brandon and Derek that people regularly come to read the Bible to Malaku but he can only stay awake for about 10 minutes at a time. A half an hour later, both Brandon and Derek had run through all the comedy bits they knew. They looked at Malaku who had still not fallen asleep. "You got any more?" Malaku asked.

While the average comedian certainly does not seek an audience of one in a hospital room, it's a part of the full spectrum of venues that Rock Comedy will play to bring the love of Christ through laughter. "There are a lot of people whose lives are such that they are in need of a good laugh, or they just would never have the opportunity to see a comedian," says Young. "We feel like each laugh is another blessing."

Since 2009, Rock Comedy has performed for all kinds of groups—large and small, including homeless folks, people with Down syndrome and seniors living in convalescent homes—plus performances to benefit ministries and raise funds for mission trips. Rock Comedy includes sketches, stand up, and improv and they are now knocking them dead at non Rock-related venues, traveling as far as Edwards Air Force base in Kern County.

"It isn't always easy to get a laugh," adds Young. "But it's more about being obedient. If God saw laughter as important, it's worth our time."

He will yet fill your mouth with laughter and your lips with shouts of joy. **Job 8:21**

**BOOK OR JOIN:** Contact Brandon: (619) 606-0996 or [rockcomedy@gmail.com](mailto:rockcomedy@gmail.com)

## UPCOMING EVENTS

**MEN'S BIBLE STUDY // 8.14**  
CAFETERIA · 6:30PM

**YOUNG ADULT GATHERING // 8.14**  
SANCTUARY · 7PM

**WOMEN'S BIBLE STUDY // 8.15**  
RM 232 · 6:30PM

**FAMILY MOVIE NIGHT // 8.17**  
SANCTUARY · 6:30PM

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

# D'lush

DELUXE BEVERAGE JOINT™

### COMING SOON!

D'lush, the Rockpile Bookstore and Rock ministries are partnering to create a sleek, new, full-service lounge! The goal is expanded opportunities for ministry and community. The best part? A percentage of all profits go to Rock Church ministries!



### SUICIDE PREVENTION TRAINING

Help save precious lives through suicide prevention training. This class will help you feel more comfortable, confident, and competent to help prevent the immediate risk of suicide. Join us Aug 29 at 6PM. Register today at [sdrock.com/ministries/suicidelos](http://sdrock.com/ministries/suicidelos).



### CISM - PEER SUPPORT | 8.23-25

How can you help someone in a crisis? In this 3-day course, participants will increase their knowledge of how trauma impacts the grief process and gain skills for evaluating and supporting people in crisis. All sessions are mandatory to receive certification. For times, location, and to sign up, visit us online at [sdrock.com/events/10021](http://sdrock.com/events/10021).



### SHOWING EVERYONE'S HERO

It's a grand slam this Friday, Aug 17 as we continue movie nights at the Rock. We'll be watching *Everyone's Hero*, so come on down and enjoy the fun! Doors open at 6PM, show starts at 6:30PM. [sdrock.com/e10593](http://sdrock.com/e10593)



# COMMUNITY GROUPS

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

START A GROUP

IF YOU HAVE ANY QUESTIONS, STOP BY THE INFO DESK. ENJOY THE SERVICE!

[facebook.com/therocksandiego](https://www.facebook.com/therocksandiego)

[twitter.com/therocksandiego](https://twitter.com/therocksandiego)