STAY CONNECTED

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NEW WAYS TO CONNECT	facebook.com/ twitter: @					
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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.

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

OTHER RESOURCES

Rockpile Bookstore rockpilebookstore.com • 619.764.5282

Preschool

therockacademy.org • 619.764.5205 Fully licensed, infant-to-5-year preschool.

Need prayer? Visit: sdrock.com/prayer

Rock Thrift Store

rockthriftstore.com • 619.876.4187.

Rock Academy

therockacademy.org • 619.764.5200 WASC-accredited, college preparatory K-12 school.

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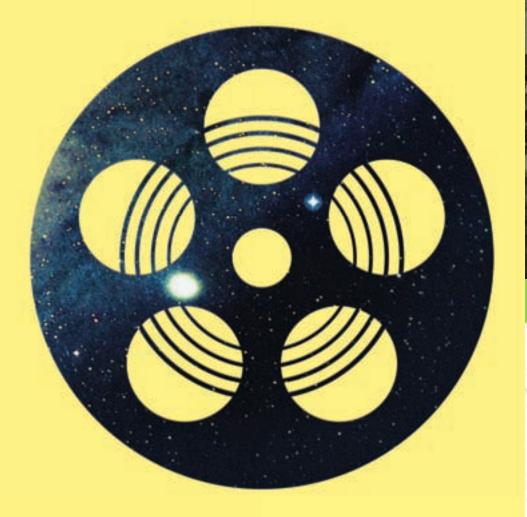
Free WiFi Rock Guest WiFi

WAYS TO GIVE:



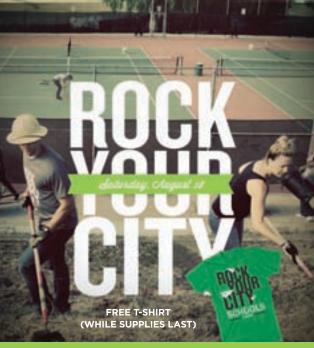
CAN'T MAKE IT TO THE ROCK NEXT WEEK? WATCH US ONLINE OR ON THE GO!

619.226.ROCK • SDROCK.COM/LIVE









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



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 or visit us in the lobby today!

SWIMMING

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 for details and come see us in the lobby today!

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 or visit us in the lobby today!



HIKING

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.



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

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

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."

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 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

OOK OR JOIN: Contact Brandon: (619) 606-0996 or rockcomedy@gmail.com

COMING SOON!

Dlush, 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/ suicideloss.



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



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/eI0593



SDROCK.COM/COMMUNITY

START A GROUP





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