



JULY 20 - 23, 2009 • 8:30 AM - 12 Noon

Kids K-5 are invited to KidsGames.

SPORTS \ COMPASSION \ MUSIC
ACTIVITIES / GAMES / BIBLE / SNACKS

COST: \$20

KidsGames uses sports and activities to teach faith-based values. Kids can choose from: basketball, hula, volleyball, martial arts, boxing, soccer, hip hop dance, baseball/softball, and flag football.

First Name

Last Name

Address

Phone D.O.B.

Email

@

For more info, contact Lorri at 619.764.5175 or email lorri.greene@therocksandiego.org.

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.

Senior Pastor: Miles McPherson

Ministry Leaders:

- Andy Rodgers** 1825 Small Groups Pastor x5106
- August Hunter** Associate Pastor/Prison Ministry x5108
- Bobby Rife** 1825 Pastor x5115
- Danny Quimlat** 1825 Small Groups Pastor x5191
- Darren Carrington** Marriage and Family Pastor x5125
- David Robles** Children's Pastor x5226
- Dru Teves** Junior High Pastor x5129
- Jerry McCauley** Creative Arts Director x5137
- Jerry Ray** Stewardship Pastor, CFO x5138
- Mark Richardson** Outreach Pastor x5147
- Mingo Palacios** 1825 Pastor x5157
- Ricky Page** Save Ministry Department Head Pastor x5159
- Stefanie Kelly** Worship Arts Pastor x5171
- Tommy Moseley** Send Ministry Department Head Pastor x5166
- Victor Schloss** Senior High Youth Pastor x5229
- Zack Jones** Executive Pastor of Save.Equip.Send. Ministries 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)

To ensure the best worship experience for everyone, children under the age of 5 will not be permitted in the main sanctuary.

Rockpile Bookstore

Monday - Friday 2 PM - 7 PM • Saturday 9 AM - 3 PM • Sunday 7:30 AM - 2 PM and 4 - 9:30 PM
2277 Rosecrans St. San Diego, CA 92106 • Phone: 619.764.5280

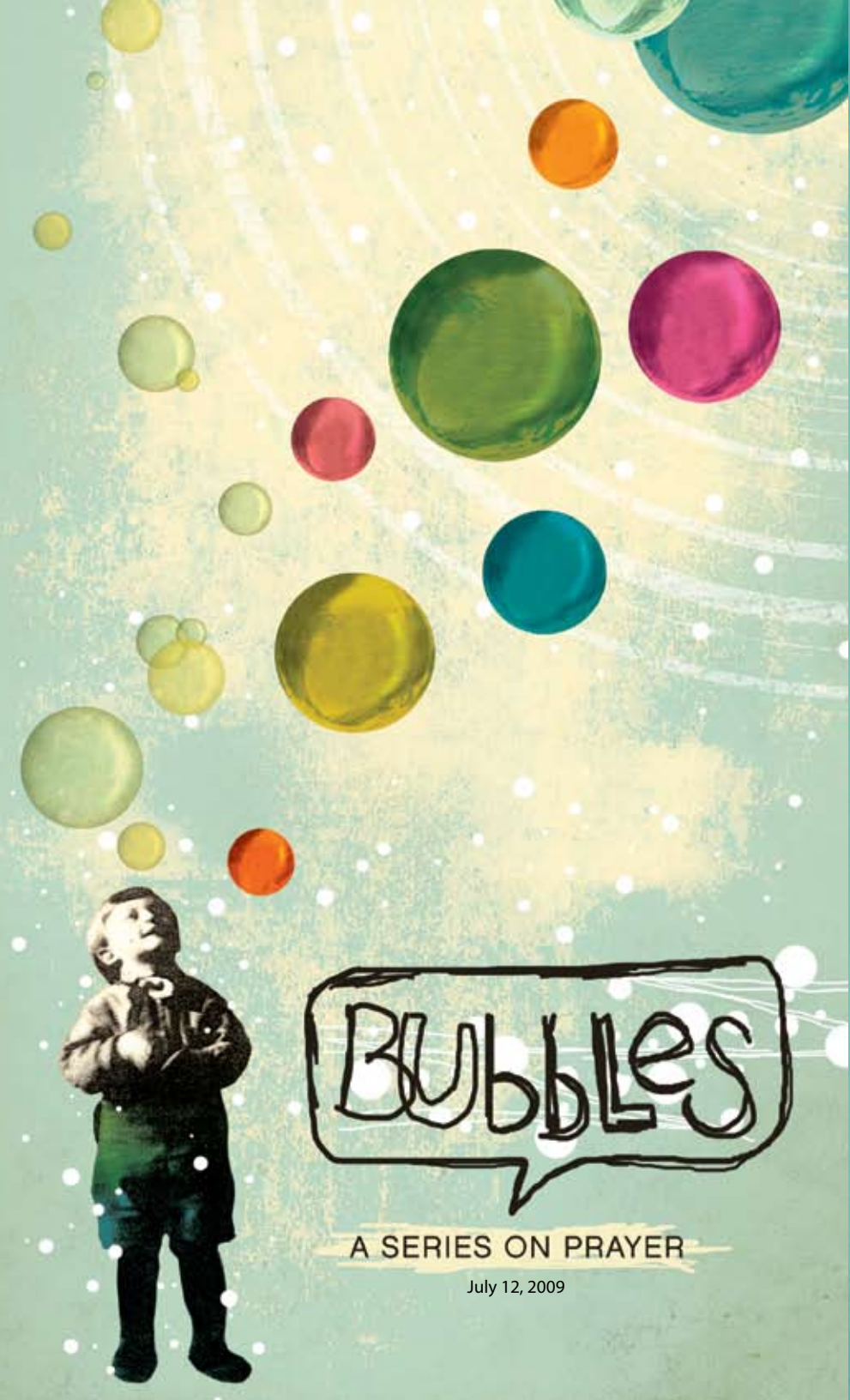
Rock Academy

WASC Accredited, College Preparatory K-12th School
Fully-Licensed 18 Month - 5 Year Preschool
For more info, visit www.therockacademy.org or call 619.764.5200.

Dr. Richard Andujo, Principal
K-12th Grade: 619.764.5200

Sheila Ellis, Preschool Director
619.764.5205

 **619.226.ROCK • therocksandiego.org**
therockuniversity.org • therockacademy.org • milesahead.com



BUBBLES

A SERIES ON PRAYER

July 12, 2009

SUMMER AT THE ROCK

PRECIOUS In Her Sight
Rock Women's Retreat • August 7-9
For more info, www.therocksandiego.org/e4656

ROCK YOUTH SENIOR HIGH DO SOMETHING MOVEMENT
July 13-18, 2009 • Rock Church
www.therocksandiego.org/e5615

AMPED JUNIOR HIGH SUMMER CAMP
AUGUST 9-14, 2009
www.therocksandiego.org/e5434

KidsGames JULY 20-23 • \$20
For more info, www.therocksandiego.org/e5643

FRONT LYNAZ CONFERENCE
JULY 17-18
ROCK CHURCH
www.therockuniversity.org
Cost: \$40

As of Tuesday, March 24, **100,000 HOURS** of city-transforming ministry service have been completed. Help us reach our 2009 goal of 600,000 hours. Visit www.idosomething.org.

BIKE TO CHURCH

SUNDAY, JULY 26 • ALL 5 SERVICES

Get VIP parking on Sunday!
Save gas and ride your bike to church. Bike riders will be able to park in front of the building.

Count your ride as part of your DO Something hours.

HIKING MINISTRY

SUNDAY, JULY 19 • 2 PM • ELFIN RESERVE

Lace up your boots and join the Hiking Ministry for their kickoff trip! Hikers of all abilities are invited to enjoy God's creation on this 3.2 mile adventure.

For more info, contact Kimberly at 619.548.2712 or hikingministry@therocksandiego.org.

FITNESS AND NUTRITION CLASS

SATURDAY, JULY 18
9 AM - 12 PM

Build muscle, get lean, lose weight, or just feel great with the Rock Fitness and Nutrition Ministry. They will hold a 6-week body challenge event. All proceeds will benefit the Rock Homeless Ministry.

COST IS: \$30 PER PERSON/ \$50 PER PAIR.

For more info, contact Estreanda at homelessministry@therocksandiego.org or 818.601.2234.

READ THE BIBLE IN A YEAR!

Monday - Job 38-40	Friday - Psalm 7-9
Tuesday - Job 41-42	Saturday - Psalm 10-11
Wednesday - Psalm 1-3	Sunday - Psalm 12-14
Thursday - Psalm 4-6	

ROCKPILE BOOKSTORE

25% OFF

ALL HIP HOP MUSIC WITH COUPON

May not be combined with any other offers or discounts. Expires July 18, 2009.

This Week at the Rock

Monday, July 13

9:30 AM	Senior High Ministry: DO Something Movement	Rock Church Lobby
7 PM	Comedy Ministry: Benefit Concert	Rock Church Café

Tuesday, July 14

9:30 AM	Senior High Ministry: DO Something Movement	Rock Church Lobby
6:30 PM	Men's Ministry: Brothas & Ironmen	Rock Church Café

Wednesday, July 15

9:30 AM	Senior High Ministry: DO Something Movement	Rock Church Lobby
6:30 PM	Women's Ministry: Sisters in Christ Summer Study	Rm 232
7 PM	Rock Recovery Ministry: Open Meeting	Rm 355

Thursday, July 16

9:30 AM	Senior High Ministry: DO Something Movement	Rock Church Lobby
7 PM	Island Praise & Dance Ministry: Class	Jr. High Room

Friday, July 17

10 AM	Senior High Ministry: Frontlynaz Conference	Sanctuary
6 PM	Junior High Ministry: Friday Nite Live	Rock Park
7:30 PM	Rock Recovery Ministry: Bonfire	De Anza Cove

Saturday, July 18

10 AM	Senior High Ministry: Frontlynaz Conference	Sanctuary
9 AM	Dog Lover's Ministry: Meet-up	Rancho Bernardo

SLEEPING BAG SUNDAY

Bring a new or gently used sleeping bag to church. Donations will benefit the Homeless Ministry.

For more event information and locations, visit www.therocksandiego.org/events/all or call 619.226.ROCK.

Announcements

Revolver

Got the summertime blues? Lookin' for a place to hang with other 1825ers? Join us every Monday night at 7 PM at Java Jones downtown. For more info, visit www.rock1825.com or call Amanda at 619.764.2625.

Worship Arts Auditions

Do you play the drums, bass, guitar, or piano and want to use your talent to serve the Lord? The Worship Arts Ministry is looking for instrumentalists. For more info, visit us at: www.therocksandiego.org/ministries/worshiparts or 619.764.5155.

THE LAUNCH PAD

SUNDAYS 7 AM - 7 PM • PARKING LOT BEHIND TRADER JOE'S / VONS

Clean out your closets and bring your new and gently used items to THE LAUNCH PAD! Beginning July 12, you can donate items that will benefit families and individuals in the community.

For more info, contact Jennifer at launchpad@therocksandiego.org or call 360.731.5497.

ROCK HEROES

RONNIE & TERESA HOLDERBY
MEN'S & WOMEN'S MINISTRIES
JULY 2009 • ROCK HEROES

From the beginning, Teresa and Ronnie Holderby have done whatever God has called them to do to help the Rock Church grow and bless the City of San Diego. At San Diego State University, the Rock's first location, Teresa ran the store and Ronnie worked outside in the Parking Ministry. As the years went by and the Rock grew, the Holderbys have served in Hospitality, Altar Call and started several small groups.

Eight years ago, Ronnie started the Men's Ministry. He fasted for 40 days and then wrote down a plan. Today, hundreds of men are trained and equipped to be leaders. Teresa runs the Women's Ministry, which started as a small group. Women of all ages are mentored and given biblical advice. Both ministries provide a safe environment where those who seek God and His forgiveness can be transparent about their struggles.

Ronnie and Teresa are happy to give their lives to God and invite others to do the same everyday. They say all He's looking for is faithful people and He can do amazing things through you if you are wide open and available.

Read the full story or nominate your hero at www.therocksandiego.org/rockheroes.



Receive Rock News! Text "SDROCK [your email]" to 95495.

Fill out this form and drop it at the Info Booth in the lobby or log onto www.therocksandiego.org and click "New to the Rock."

Updating my information. Today is my first visit.

Name

Address

.....

City State Zip

Home Phone Cell

Email

@

Birthdate

Demographics

Male Female Married

Single Widow(er) Divorced

Military Police Firefighter

Name(s) of family member(s) & birthday(s):

.....

.....

.....

I would like more information on:

Pebbles Pathway (Children) Small Groups (Home Fellowships)

The Break (Jr. High) Marriage & Family

SHM (Sr. High) Rock University (Spiritual Development Classes)

1825 (Young Adult) Community Outreach

Women's Ministry Rock Sports

Men's Ministry Rock Academy (Preschool - 12th)