

INTEREST GROUPS

SUNDAY - 9:00 AM

Scriptural Principles for Financial Success

Group meets in MPR A

January 31 to March 7

Dr. Kurt Grosser (303) 481-4218

Are you tired of daily, weekly, and monthly financial burdens; bills unpaid and debts ever mounting? This class could be your answer. When we rely on God and the wisdom found in His Word, He changes our hearts regarding finances. There are four basic levels of resources; never having enough, having just enough, having more than enough, and abundance. When we apply scriptural principles to our daily lives and spending habits, we will move through the levels of financial resources until we reach abundance. *Cost is \$15 per person. Financial counseling available upon request, contact ronnie@therock.org or gailm@therock.org.*

SUNDAY - 11:00 AM

Connections: Coffee and Fellowship for the 50+

Group meets in Room 2

Weekly, ongoing

Clyte and Bonnie Pittman (720) 733-9396

Connections is a drop-in fellowship group that meets on Sundays at 11:00 AM in Room 2. We have coffee and conversation designed to get to know one another and to encourage each other in our walk of faith. Additionally we meet for fun outside the church approximately once a month. We have potlucks, movie or game nights, brunch or supper at a restaurant, and so on. In the fall and spring we have a large potluck lunch at the church following the 11:00 AM service. The group provides a great way to make friends with people of our own generation and to become better connected with the Body of Christ here at The Rock. We welcome you to try us out! Just drop in or call Bonnie Pittman for more information.

2B1 Marriage Refresher - Needs and Expectations

Group meets in the Chapel

January 31 to February 21

Dan and Linda Lillyblad (720) 371-1906

Review the seen and unseen ways that needs and expectations affect our relationship as we explore *His Needs/ Her Needs - Building an Affair-Proof Marriage* by Willard F. Harley, Jr. Gain strategies to understand each other's needs and how to meet them. Set boundaries and put safeguards in place to protect your marriage. *Cost is \$10 per person (for each 4-week class).*



INTEREST GROUPS

2B1 Marriage Refresher - Love Languages

Group meets in the Chapel

February 28 to March 21

Dan and Linda Lillyblad (720) 371-1906

Learn how to keep your love bank full by studying *The Five Love Languages* by Gary Chapman. Take the test and find out which languages you speak and those your spouse speaks. Nurture your relationship as you learn to speak each other's language. *Cost is \$10 per person (for each 4-week class).*

2B1 Marriage Refresher - Conflict & Communication

Group meets in the Chapel

March 28 to April 18

Dan and Linda Lillyblad (720) 371-1906

Take an in-depth look at *The Seven Conflicts* by Tim and Joy Downs and the roots that fuel them. Gain strategies for fighting fair and resolving conflict in a constructive way. *Cost is \$10 per person (for each 4-week class).*

New Beginnings (for new believers)

Group meets in MPR C

February 14 to March 14 or April 11 to May 9

Pastor Bob Holloway (303) 688-0777, ext 220

In five short sessions we answer questions most often experienced by people who have not grown up in church or those who come from a more traditional background. Our purpose is to lay a solid foundation of belief that will stand the test of time.

The Rock 101

Group meets in MPR D

February 14 to March 14 or April 11 to May 9

Pastor Bob Holloway (303) 688-0777, ext 220

This 4-week class will teach you about spiritual gifting, reveal your particular gifting, and your role and place in the body of Christ as well as giving you some great options of plugging into our church. We will use several assessment tests for helping you discover your spiritual gifts, passion, and temperament. The goal is not just teaching about spiritual gifts, but group dialogue and feedback about what these tests mean. By the end of the class you will have a much greater idea of what God intended when he first thought of you. ***Classes are subject to change, please watch the bulletin for specific dates. Cost is \$10 per person.***

INTEREST GROUPS

SUNDAY - PM

Scrapbooking (for women)

Group meets from 1:00 - 8:00 PM in MPR A & B on April 11 (group also meets on Friday from 5:00 to Midnight on Jan 8, Feb 5, Mar 26, and May 21)

Carin Newell (303) 663-8164 or carinnewell@yahoo.com

Denique Abbott (303) 708-8867 or denique@comcast.net

Cherise Sweet (303) 859-3602 or coloradosweets@gmail.com

Come join a **fun group of women** who enjoy getting together to scrapbook and fellowship at the same time. Bring all your **supplies, pictures**, and feel free to bring a **snack** and whatever you want to **drink**. There is **no cost**, all we ask is that you clean up your space when you're done. Please RSVP to one of the leaders prior to the event so we can make sure to have enough tables set up for everyone.

MONDAY - AM

Needle Arts

Group meets in Room 4 at 9:30 AM

1st & 3rd, Ongoing

Karin Bowman (303) 814-0031

KidZone available during the semester January 31 to May 3 (space is limited)

This group caters to the knitter, crocheter, quilter, and cross stitcher. All levels of experience are invited. For the beginner, Karin will provide instruction for all these categories. *(Also meets on the 2nd & 4th Friday of each month at 7:00 PM in Room 1)*

TUESDAY - PM

Band of Brothers

Group meets in the Staff Lunchroom at 7:00 PM

Weekly, ongoing

Steve Hager (303) 813-6446 or steve.hager@cushwake.com

This brotherhood of Christ is about men fighting to move from success to meaning, addictions to freedom, and selfishness to God's call. We believe the Kingdom of God is advancing and that our King is raising an army of "no matter the cost" disciples. Do you hear the call? Do you have the resolve to say "yes" to our King? Then join us and be part of the brotherhood of Christ.



INTEREST GROUPS

Christian Martial Arts (Adults)

Group meets at 7:30 PM in the Gym

Weekly, ongoing

Sam Walker (303) 618-0364

Learn martial arts techniques while applying the Word of God to your everyday circumstances. (Meets Tuesday and Friday at 7:30 PM) *Space is limited, contact instructor prior to attending.*

Family Christian Martial Arts

Group meets at 6:30 PM in the Gym

Weekly, ongoing

Sam Walker (303) 618-0364

Martial arts instruction for parents and children ages 7 - 13. (Meets Tuesday and Friday at 6:30 PM) *Space is limited, contact instructor prior to attending.*

WEDNESDAY - PM

7 Mountains

Group meets at 6:45 PM in the Sanctuary

January 27 to April 28

Bruce Ohman (303) 547-0981

KidZone available (space is limited)

During 7 Mountains this spring we'll begin the process of changing the influences on our individual lives by working through the Foundations for Achievement curriculum, an initial set of 12 Biblical principles that when applied to our day-to-day activities will make life less complicated and more rewarding. Nothing can profit in the long-run by operating against its inherent design; whatever is out of order is not of God and cannot prosper. Problems in our lives are the result of some attitude or action; they don't just happen. To overcome them, we must replace old attitudes and actions with new ones. *Cost is \$10.00 for materials.*

INTEREST GROUPS

Becoming a Love and Logic Parent

Group meets at 6:45 PM in MPR A

January 27 to March 10

Chip & Julie Valandra (303) 814-2132 or chiplovesjesus@yahoo.com

KidZone available (space is limited)

This 7-week course will help you raise children who are self-confident, motivated, and ready for the real world with this win-win approach to parenting. Your children will win because they'll learn to solve their own problems while gaining the confidence they need to meet life's challenges. And, you'll win because you'll establish healthy control without resorting to anger, threats, nagging, or exhausting power struggles. *Becoming a Love and Logic Parent* will put the fun back into parenting! *Recommended book: Parenting with Love & Logic or Parenting Teens with Love and Logic. Cost is \$35.00 per couple/\$25.00 per individual.*

Buddy Builders International

Group meets at 6:45 PM in the Staff Lunchroom

January 27 to April 28

Gary Dunning (970) 980-4451

KidZone available (space is limited)

Many Christian men are under-equipped to successfully navigate through life as effectual servants, husbands, fathers, providers, and leaders in their communities. Not because men lack the will to do so, rather men have been convinced that "average" is good enough. The ways of this world are real, but they are also a real distraction and misleading, hindering men from operating in the truths God has designed for well being. Buddy Builders International helps men to better understand God given responsibilities in their lives so they may: identify areas of improvement, seek and receive help, guidance, encouragement, edification, love and forgiveness. BBI is devoted to developing Biblical truths within the man, so that he is equipped to live the life God intended, make a difference in the lives of those around him, and share the love of Christ in a hurting world. Success for the man, who believes in the Lord Jesus Christ, lies in two areas: Attitude, how life is approached; and Actions, how life is lived. When we know better, we do better! *Cost is \$10.00 for materials.*

Esther Class for Mothers and Daughters

Group meets at 6:45 PM in Room 2

January 27 to April 28

Pastor Sylvia Barahona (303) 688-0777, ext 212

KidZone available (space is limited)

Who are you when no one's looking? When her people were threatened, Esther had to ask herself that question. Would she step out and risk her own life? Godly character develops under pressure. This Bible study will help your daughter discover how to face the challenges of a culture that has rejected God and how God is working in the circumstances and events of her life to bring about His plans. *Cost is \$10 per person and \$30 max per family.*



INTEREST GROUPS

Financial Peace University

Group meets at 6:45 PM in MPR D

January 27 to April 21

Brad Claus (303) 803-8389

KidZone available (space is limited)

This 13-week course teaches about how to save money, live on a budget, communicate about money, eliminate debt, find bargains, and experience the joy of giving. Financial Peace University is life-changing and teaches you how to make the right decisions with your money. Our goal is not information, but complete transformation. Join us and learn to save money and become wise stewards with the money God has entrusted us! *Cost is \$103.00, \$51.50 is due at time of registration and \$51.50 will be due the first class (the payment due at the first class can be done with a postdated check). Financial counseling available upon request, contact ronnie@therock.org or gailm@therock.org.*

Laugh Your Way to a Better Marriage

Group meets at 6:45 PM in Room 7

January 27 to April 14

Brad and Cherie Wallace (303) 814-5918

KidZone available (space is limited)

Experience hilarious, practical, and no-holds-barred advice about relationships through Mark Gungor's 12-week DVD/workbook study guide. Laugh and learn as you explore the underlying dynamics of male/female relationships and his practical solutions to common relationship woes. Through this small group study, couples will learn honest and hard-hitting insights, discuss and interact with each other, and be able to make real, positive changes in their marriages. The study guide will be used to help couples strengthen, improve, and enrich their marriage. Together, you will experience the side-splitting fun of a unique look at love, life and marriage! *Cost is \$15 and includes the study guide.*

Modern Day Joseph for Fathers and Sons

Group meets at 6:45 PM in Room 3

January 27 to April 28

Pastor Jonathan Barnard (303) 688-0777, ext 207

KidZone available (space is limited)

Two clear models of children leaving home are given in the Bible - Joseph the son of Jacob and the Prodigal Son. One had been instructed about respect, wisdom, and perspective, and the other had not heeded his wise Father's gentle instruction. Children are precious, and should be given every instruction to make sure that when they are tested by the world (as they most certainly will be), they will be able to withstand whatever is thrown at them by applying simple, scriptural truths that they know to be true. *Cost is \$10 per person and \$30 max per family.*

INTEREST GROUPS

The Edge - We're Not Just Singles, We're Family

Group meets in the Chapel at 6:45 PM

Weekly, ongoing

Glenna Hawk (970) 985-2343 or lsdkjones@live.com

KidZone available during the semester January 27 to April 28 (space is limited)

The Edge consists of people who have been or find themselves single. Being drawn closer to God and experiencing community are just two aspects of The Edge. Weekly The Edge meets on Wednesday evenings learning more about God through a time of study, a time of hanging out with others, and prayer. Approximately twice a month, there are purely hang-out events: game nights, country western dancing, watching the Super Bowl, summer hikes, etc. Our hang-out events are sometimes adult time and some welcome your children, so call or email to find out ahead of time. If you're single and desire more community in your life, step out to the Edge. *During the summer months only we go for a hike every other week and do not meet at the church on those days, so please call ahead prior to attending to find out the schedule.*

Please call Glenna or email annieford71@yahoo.com for questions, for more information or to get on The Edge email list to be notified of upcoming hang-out events.

THURSDAY - AM

Thursday Morning Men's Group

Group meets at 7:00 AM in the Den

Weekly, ongoing

Nathan McLain (303) 908-4251

God loves beer, why else would He have a book on how HE-BREWS! We brew a good pot of coffee and dig deep into this book of Hebrews. So, if you want to have some early morning fun, fellowship, and GREAT teaching check out this men's Bible study every Thursday.

THURSDAY - PM

Celebrate Recovery

Group meets in the Chapel at 6:45 PM

(Men's step study meets the 2nd & 4th Saturday morning at 9:00 AM in the Chapel)

Weekly, ongoing

Pastor Bob Holloway, (303) 688-0777, ext 220

KidZone available during the semester, January 28 to April 22 (space is limited)



INTEREST GROUPS

The purpose of this program is to allow us to become free from life's hurts, hang-ups, and habits. By working through the eight recovery principles found in the Beatitudes with Jesus Christ as your Higher Power, you can and will change! You will begin to experience the true peace and serenity you have been seeking, and you will no longer have to rely on your dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for your pain. By applying the Biblical principles of conviction, conversion, surrender, confession, restitution, prayer, quiet time, witnessing and helping one another...you will restore and develop stronger relationships with others and with God.

CORE LifeGroups

Group meets at 6:45 PM in the Gym

January 28 to April 22

Mike and Kristi Polhemus (303) 507-6211

KidZone available (space is limited)

Suiting up for Practice! Throughout His life, Jesus modeled the kinds of things that we can do to better know and understand the will of God in our lives. In the same way a runner is equipped to compete in a marathon through consistent physical training, these practices can free us to live in God's freedom.

On Thursday nights this spring, CORE LifeGroups will examine several **key spiritual practices including meditation, prayer, solitude, study, simplicity, and fasting**. While these practices do not measure spiritual success by themselves, they can equip us in our efforts to know God and walk in His will. We believe as we encourage each other to pursue these practices, we can anticipate God's blessing of experiencing Him on a deeper level. There will be a short teaching by Ryan Williams on each of these concepts followed by breakout into LifeGroups for deeper discussion, encouragement, and prayer time. CORE is focused on deepening relationships, challenging ourselves, and encouraging one another toward Christ through real community.

DC4K - DivorceCare for Kids (ages 7-12)

Group meets in the Children's Wing at 6:45 PM

January 28 to April 22

Pastor Sylvia Barahona (303) 688-0777, ext 212

At DivorceCare for Kids (DC4K) children meet other kids who understand how they feel. DC4K is a special group to help children (ages 7-12 years) heal from the pain caused by a separation or divorce. The group provides children with a safe and neutral place to recognize and learn to share their feelings. Your child will become involved in a fun, caring group. The weekly session topics help children learn that God's love strengthens them and helps them turn their sadness to hope and their anger to joy. Each session is filled with motivating and exciting activities. Games, crafts, role playing, discussion times, journaling, and workbooks help children process the divorce and move forward in their lives. The music CD's, snacks, read aloud stories, exercises, and Bible verses teach children to relax and rest secure in God's love. The *Kids Like Me* and *Stories from the Bible* video dramas present stories of children who are experiencing divorce-related problems and have found help and encouragement.

INTEREST GROUPS

Eat to Live!

Group meets in MPR B at 6:45 PM

January 28 to March 18

Jill Herr, hosea2@comcast.net

KidZone available (space is limited)

You know how to eat healthy, you just can't seem to make it a way of life. Let God break your addiction to food and get filled with His love for you. You have a hungry heart, fill it! Get aligned with His plan for you to be fully obedient to Him. A popular song says, "It's a slow thing when you give yourself away, people never crumble in a day." Stop giving yourself away to food, give yourself to God. *Cost is \$20.00 which includes the book and cd.*

FRIDAY

Christian Martial Arts (Adults)

Group meets at 7:30 PM in the Gym

Weekly, ongoing

Sam Walker (303) 618-0364

Learn martial arts techniques while applying the Word of God to your everyday circumstances. (Meets Tuesday and Friday at 7:30 PM) *Space is limited, contact instructor prior to attending.*

Family Christian Martial Arts

Group meets at 6:30 PM in the Gym

Weekly, ongoing

Sam Walker (303) 618-0364

Martial arts instruction for parents and children ages 7 - 13. (Meets Tuesday and Friday at 6:30 PM) *Space is limited, contact instructor prior to attending*

Needle Arts

Group meets the 2nd & 4th in Room 4 at 7:00 PM

2nd & 4th Ongoing

Karin Bowman (303) 814-0031

This group caters to the knitter, crocheter, quilter, and cross stitcher. All levels of experience are invited. For the beginner, Karin will provide instruction for all these categories. *(Also meets on the 1st & 3rd Monday of each month at 9:30 AM in Room 4)*



INTEREST GROUPS

Scrapbooking (for women)

Group meets in MPR A & B at 5:00 PM

January 8, February 5, March 26, and May 21 (group also meets on Sunday from 1:00 to 8:00 PM on April 11)

Carin Newell (303) 663-8164 or carinnewell@yahoo.com

Denique Abbott (303) 708-8867 or denique@comcast.net

Cherise Sweet (303) 859-3602 or coloradosweets@gmail.com

Come join a **fun group of women** who enjoy getting together to scrapbook and fellowship at the same time. Bring all your **supplies, pictures**, and feel free to bring a **snack** and whatever you want to **drink**. There is **no cost**, all we ask is that you clean up your space when you're done. Please RSVP to one of the leaders prior to the event so we can make sure to have enough tables set up for everyone.

SATURDAY

CCW Permit Class

Group meets at 8:00 AM in MPR A, C & D

January 16, February 20, March 20, and April 17

Dick Abramson (303) 807-7911 or dick@abramson.com and Mike Spray (303) 902-9190 or mike@therock.org

CCW classes provide the necessary classroom instruction to meet the requirements for both Colorado and Utah concealed-carry permits. The curriculum consists of the NRA Basic Handgun course and state-mandated materials on the rights, responsibilities, and restrictions of concealed-carry. After the class students will have the opportunity to spend time at a local shooting range for "qualification" and familiarization with a number of different handguns. Dick and John Abramson are certified instructors in a number of disciplines, and are also certified as CCW instructors by the State of Utah. *Tuition is \$125.00 per student for the class, in addition the range costs are approximately \$16.00 plus the cost of ammunition. Payment due at time of class.*

INTEREST GROUPS

Discovering The Rock

Group meets at 9:45 AM in the Den

January 16, March 20, and June 5

Pastor Bob Holloway (303) 688-0777, ext 220 or bob@therock.org

KidZone available, by RSVP with limited space

Join Pastor JR and Pastor Bob as they share information about who we are, our history, where we're going, and our church organization. This time will be followed by an open dialogue with Pastor JR on any questions you may have that you'd like to ask personally. Around noon we'll enjoy a catered lunch with the church staff and close by 1:00 PM. *Classes are subject to change, please watch the bulletin for specific dates.*

VARIOUS DATES AND TIMES

Sports Ministry

Will Sargeant (720) 548-7900

We want to create a community outreach in a sports setting to testify to the Gospel of God's grace to encourage seekers and believers to participate in recreation, leisure, and sports activities which strengthen their family ties as well as their spiritual, emotional, physical, and social well-being. Come meet other believers with similar interests like golf, flag football, the Turkey Bowl, or Christian martial arts.

The Rock Ski n' Ride

Group meets ?

Rich and LeAnn Neff (720) 870-2683

This group caters to the Colorado experience of Skiing and Snowboarding. This is a new group and we will be looking for assistance with creating and establishing the group. If you are a ski bum at heart please contact us.