



CLASSES

LIFE TOPICS

Celebrate Recovery

Group meets Thursday 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 21 (space is limited)

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.

Connections: Coffee and Fellowship for the 50+

Group meets Sunday in Room 2 at 11:00 AM

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.

CLASSES

CORE LifeGroups

Group meets on Thursday in the Gym at 6:45 PM

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 on Thursday 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.



CLASSES

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

Group meets Wednesday 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.