

**MEN  
ARE LIKE  
WAFFLES**

**WOMEN  
ARE LIKE SPAGHETTI**



# MARRIAGE CONFERENCE

**Saturday, March 27**  
9 AM - 1 PM • Rock Sanctuary



What is one of the main reasons marriages fail?  
Husbands and wives don't understand  
one other!

At this year's one-day marriage conference,  
relationship experts Bill and Pam Farrel, authors  
of *Men Are Like Waffles, Women Are Like Spaghetti*,  
will share a menu of digestible truths to help you  
nourish and strengthen your marriage (or your  
future marriage).

## SIGN UP NOW!

### COST

Early-bird rate (*ends March 1*):  
Singles \$20 • Couples \$35

March 2 and after:  
Singles \$25 • Couples \$40

For more info, contact  
marriageandfamily@therocksandiego.org  
or call 619.764.5122.

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.

**Pastor:** Miles McPherson

### Ministry Leadership Team:

August Hunter, Prison Ministry	_____	x5108
Danny Quimlat, 1825	_____	x5191
Darren Carrington, Marriage and Family	_____	x5125
David Cooper, Multi-site	_____	x5238
David Robles, Children's	_____	x5226
Dru Teves, Youth	_____	x5129
Gary Beneventi, Small Groups	_____	x5130
George Clerie, Rock U/Impact 195	_____	x5248
Jerry Ray, Stewardship	_____	x5138
Mark Bell, High School	_____	x5229
Mark Richardson, Outreach Ministries	_____	x5147
Mickey Stonier, Save, Equip, Send	_____	x5146
Mingo Palacios, 1825	_____	x5157
Ricky Page, Save	_____	x5159
Shawn Wagner, Spiritual Formation	_____	x5298
Stefanie Kelly, Worship Arts	_____	x5171
Stephen Goble, Outreach Ministries	_____	x5247
Tommy Moseley, Send	_____	x5166
Zack Jones, Rock Sports/Do Something Community Events	_____	x5170

### SERVICES TIMES

**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.  
Special Needs available at 10 AM and 12 PM

**Junior High • 10 AM • 12 PM • 5 PM (grades 6-8)**

**High School • Wednesday 7 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.

Listen to us on the Radio KPRZ 1210 • M-F 4:30 PM

### 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](http://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

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

**Follow us on Twitter:** [www.twitter.com/therocksandiego](http://www.twitter.com/therocksandiego)

**619.226.ROCK • [www.therocksandiego.org](http://www.therocksandiego.org)**  
[www.therockuniversity.org](http://www.therockuniversity.org) • [www.therockacademy.org](http://www.therockacademy.org) • [www.milesahead.com](http://www.milesahead.com)



FEBRUARY 21, 2010

**IMPACT  
195**

Discover what God created  
you to do, and get equipped  
to do it!

Get empowered to do something that will  
impact the world for eternity! **Impact 195** is a  
comprehensive nine-month discipleship  
program that will solidify your faith, deepen your  
relationship with God, and prepare you for a  
lifetime of ministry.

Training includes short term international  
missions trips as well as dynamic instruction  
and mentoring with Rock Church leadership  
and pastors.

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

@ \_\_\_\_\_

***I want to make an impact by (check what applies):***

- Being a Student
- Sponsoring a Student
- Praying for a Student

**Apply today!** For more info or to get an application  
packet, visit [www.therockuniversity.org](http://www.therockuniversity.org) or call 619.226.7625.



**DO SOMETHING**

As of Sunday, February 14, **41,613 HOURS** of city-transforming ministry service have been completed. Help us reach our 2010 goal of 700,000 hours. Visit [www.idosomething.org](http://www.idosomething.org).

**NEDA** Awareness National Eating Disorders Awareness Week

**CHECK OUT OUR BOOTH THIS SUNDAY!**

February 21- 27 is National Eating Disorder Awareness Week. More than 400 people have asked for help in the last two years from the Rock Church Eating Disorder Ministry.

For information, support, or resources, stop by the booth in the lobby today.

**JOB FAIR** FREE & OPEN TO PUBLIC

**MONDAY, MARCH 1, 2010 | 6-9 PM | ROCK LOBBY**

With unemployment at 12%, people are hurting. The Work Ministry, along with other Rock ministries and local businesses, are teaming up to host a job fair.

ARE YOU AN EMPLOYER? JOIN US! Here are other ways to help:

- Donate clothing suitable for interviews. THIS IS AN URGENT NEED!
- Share your gifts and talents with those attending the job fair.

For more info, contact Paige at [work@therocksandiego.org](mailto:work@therocksandiego.org) or call 714.488.6121.

**READ THE BIBLE BY THE END OF THE YEAR!**

**Monday** - 1 Samuel 14-16      **Friday** - 1 Samuel 26-28  
**Tuesday** - 1 Samuel 17-19    **Saturday** - 1 Samuel 29-31  
**Wednesday** - 1 Samuel 20-22   **Sunday** - 2 Samuel 1-3  
**Thursday** - 1 Samuel 23-25

Find love in the **ROCKPILE**

**25% OFF**  
ALL MARRIAGE AND DATING BOOKS

May not be combined with any other offers or promotions. We are located off the Rock Lobby or visit us at [www.rockpilebookstore.com](http://www.rockpilebookstore.com).

# This Week at the Rock

For more event information and locations, visit [www.sdrock.com/events](http://www.sdrock.com/events) or call 619.226.ROCK.

**ROCK U** presents...

## CHRISTIAN ESSENTIALS

### REACHING THE LOST

Learn the essentials of Christianity and how to reach those who don't know Christ. This five-session course is one of the four core classes to becoming an A.R.M.Y. graduate. Join us Monday, February 22, 6:30 PM to tune up what you believe! Fee: \$15 for materials.

For more info, visit [www.therockuniversity.org](http://www.therockuniversity.org) or call 619.764.5224.

**Tuesday, February 23**

8:30 AM	Womens Ministry: SHINE	Rm 235
7 PM	Worship Arts Ministry: Simply Worship	Rm 232

**Wednesday, February 24**

6:30 PM	Women's Ministry: Sisters in Christ	Rm 232
7 PM	Rock Recovery Ministry: Open Meeting	Rm 212
7 PM	High School Ministry: Epic	Rock Café

**Thursday, February 25**

7 PM	1825 Ministry: Young Adult Café	Rm 235
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**Friday, February 26**

6:45 PM	Spiritual Wellness Ministry: Class (Women Only)	Rm 232
7:30 PM	Rock Recovery Ministry: Bonfire	De Anza Cove

**Saturday, February 27**

8 AM	Prayer Ministry: Saturday Morning Prayer	Community Room
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**Sunday, February 28**

# 10 Year ANNIVERSARY

**WHAT GOD HAS DONE**  
**THE ROCK CHURCH TURNS TEN**

Sunday, February 28, 2010 • All 5 Services

Come hear a special message from Pastor Miles as we look back, and look forward anticipating what God has planned for the Rock.

# Announcements

**Curious About Childrens Ministry**

Do you love God and love kids? Children's Ministry has ways to serve: music/dance, production/technical, teaching, drama, and more! Your first step is an orientation: Sunday, March 7, 2:30 PM, Rm 232. For more info, contact Jennie at 619.764.5218 or [jennifer.perry@therocksandiego.org](mailto:jennifer.perry@therocksandiego.org).

**Security Volunteers Needed**

Want to help keep the Rock Church safe every weekend? Join the Security Ministry! Whether you're sworn law enforcement or have no training come serve with us. Visit our booth in the lobby today. For more info, contact Rocio at 619.764.5158 or [security@therocksandiego.org](mailto:security@therocksandiego.org).

**Interested in Infant Care?**

The Rock Academy Preschool is forming an "interest list" to determine whether the Rock community has enough of a need for the infant-care program to reopen. For more info, contact Ilce or Sheila at 619.764.5205.



**INVITE YOUR FRIENDS TO CHURCH!**

Pick up Rock Church invite cards at the Info Booth today.



**WORSHIP WITH THE KATINAS**  
MARCH 7 • ROCK CHURCH • ALL 5 SERVICES!

# EASTER at the ROCK

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**Good Friday April 2, 2010 7 PM**  
Pastor Miles McPherson will take us to the cross with a powerful message to help us prepare for Easter.

**Easter Saturday April 3, 2010 5 PM • 7 PM**

**Easter Sunday April 4, 2010 8 AM • 10 AM • 12 PM • 5 PM • 7 PM**  
Special message from Pastor Miles McPherson, with Stefanie Kelly, the Rock House Band, and Choir leading worship.

*Children's services Saturday 5PM • 7PM and Sunday 8 AM • 10 AM • 12 PM • 5 PM*  
*Deaf interpretation available at the 10 AM service.*

Please note that Saturday and Sunday services will be the same.



Fill out this form and drop it at the Info Booth in the lobby.

Updating my information.     Today is my first visit.

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

Address .....

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

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

Email .....

@ .....

- |                                   |                                    |                                      |
|-----------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Male     | <input type="checkbox"/> Female    | <input type="checkbox"/> Married     |
| <input type="checkbox"/> Single   | <input type="checkbox"/> Widow(er) | <input type="checkbox"/> Divorced    |
| <input type="checkbox"/> Military | <input type="checkbox"/> Police    | <input type="checkbox"/> Firefighter |

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

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I would like more information on:

- |   |   |
|---|---|
| <input type="checkbox"/> Pebbles Pathway (Children) | <input type="checkbox"/> Small Groups (Home Fellowships)        |
| <input type="checkbox"/> The Break (Jr. High)       | <input type="checkbox"/> Marriage & Family                      |
| <input type="checkbox"/> High School                | <input type="checkbox"/> Rock U (Spiritual Development Classes) |
| <input type="checkbox"/> 1825 (Young Adult)         | <input type="checkbox"/> Community Outreach                     |
| <input type="checkbox"/> Women's Ministry           | <input type="checkbox"/> Rock Sports                            |
| <input type="checkbox"/> Men's Ministry             | <input type="checkbox"/> Rock Academy (Preschool - 12th)        |

How did you hear about us:

- |   |                                       |                                |
|---|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Friend or Family | <input type="checkbox"/> On the News  | <input type="checkbox"/> Other |
| <input type="checkbox"/> Web              | <input type="checkbox"/> Yellow Pages | .....                          |
| <input type="checkbox"/> Radio            | <input type="checkbox"/> Drive By     | .....                          |

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