

MEN ARE LIKE WAFFLES WOMEN ARE LIKE SPAGHETTI



MARRIAGE CONFERENCE

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

What's the number 1 reason marriages succeed or 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 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

Follow us on Twitter: www.twitter.com/therocksandiego

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

DO SOMETHING

MAKE YOUR
LIFE COUNT

FEBRUARY 28, 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.

GET MORE INFORMATION:

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 or call 619.226.7625.

DO SOMETHING

As of Sunday, February 7, **11,514 HOURS** of city-transforming ministry service have been completed. Help us reach our 2010 goal of 700,000 hours. Visit www.idosomething.org.

G.O.A.L.S. Fitness & Nutrition Class
 ROCK PARK • SATURDAYS 8:30 AM OR THURSDAYS 6 PM

All fitness levels welcome.
 Cost: \$70 per person, \$120/pair
 Sponsored by the Rock Fitness and Nutrition Ministry.
 All proceeds will benefit the Rock Homeless Ministry.

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

JOB FAIR | FREE & OPEN TO PUBLIC

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

Need a job? Want to hire? With unemployment at 12.1%, people are hurting. The Work Ministry and four other Rock ministries are teaming up to help!

If you want to do something to help:

- Let us know of job opportunities.
- Donate clothing suitable for interviews.
- Share your gifts and talents with those attending the job fair.

For more info, contact Paige at work@therocksandiego.org or call 714.488.6121.

READ THE BIBLE BY THE END OF THE YEAR!

Monday - 2 Samuel 4-6 **Friday** - 2 Samuel 16-18
Tuesday - 2 Samuel 7-9 **Saturday** - 2 Samuel 19-21
Wednesday - 2 Samuel 10-12 **Sunday** - 2 Samuel 22-24
Thursday - 2 Samuel 13-15

ROCKPILE BOOKSTORE
RETAIL EXPERTS NEEDED

The Rockpile bookstore is seeking advisory board members to offer consultation on improving retail operations.

For more information please contact Jayson Payne at 619.764.5135 or jayson.payne@therocksandiego.org.

This Week at the Rock

For more event information and locations, visit www.sdrock.com/events or call 619.226.ROCK.

Monday, March 1

4 PM	Hip Hop Ministry: Classes (Open to the public)	Clairemont
7:30 PM	Mime Ministry: Practice	Ocean Beach

Tuesday, March 2

simplyworship | MARCH 2 • 7PM ROOM 232

Join us for an extended time of praise and worship.

Wednesday, March 3

7 PM	Rock Recovery Ministry: Open Meeting	Rm 212
7 PM	Recycling Ministry: Letter Writing Night	Rm 351

Thursday, March 4

7 PM	1825 Ministry: Young Adult Café	Rm 235
7:30 PM	JC's Girls Ministry: Women Only Bible Study	Rm 351

Friday, March 5

5 PM	Jr. High Ministry: Friday Nite Live	Rock Park
7:30 PM	Rock Recovery: Bonfire	De Anza Cove

Saturday, March 6

7 PM	MACs Ministry: Devotional	Rock Café
------	---------------------------	-----------

Sunday, March 7

2 PM	Writers Ministry: Fellowship & Skill Building	Rock Café
------	---	-----------

WORSHIP WITH THE KATINAS
 March 7 • All 5 Services • Rock Church!

Announcements

SISTERS in Christ
 Sisters in Christ offers women of the Rock a time of worship, prayer, and fellowship in a small-group setting. If you need guidance for everyday living, join us Wednesdays beginning March 10, at 6:30 PM in Rm 232. For more info, contact Karen at 858.361.7779 or women@therocksandiego.org.

Curious about Children's Ministry
 Do you love God and kids? Children's Ministry has opportunities to serve: music/dance, production/technical, teaching, drama, graphic arts, and more! First step: orientation, Sunday, March 7, 2:30 PM, Rm 232. For more info, contact Jennie at 619.764.5218 or jennifer.perry@therocksandiego.org.

Volunteer with Youth Ministry
 Want to make a difference? You have a chance to make an impact during the most crucial time in students' lives! For more info on getting involved in Rock Youth Ministries please stop by the booth in the lobby or contact Dru at 619.764.5129 or dru.teves@therocksandiego.org.

Island Love for Haiti
 Enjoy a luau to benefit Haiti hosted by the Island Praise & Dance Ministry March 13, 2010, 6 PM, in the Rock Cafe. Food, a Polynesian revue, and prizes! Cost: \$10 per person. For more info, contact Verna at island@therocksandiego.org or call 619.647.3411.

DO SOMETHING COMMUNITY EVENT
 AWAITING INFORMATION FROM MINISTRY

CRITICAL INCIDENT STRESS MANAGEMENT

The Rock Church is hosting a series of Crisis Intervention and Disaster Response workshops throughout 2010 and beyond.

First workshop: "Pastoral Crisis Intervention," a 13-hour Basic Critical Incident Stress Management course.

What it is:
 This course prepares lay leaders and professionals for work in the field of trauma response as a community crisis chaplain.

Thursday, March 11, 2010
 6 PM - 9 PM

Friday, March 12, 2010
 6 PM - 9 PM

Saturday, March 13, 2010
 8:30 AM - 5:30 PM

ROCK CAFÉ AND SANCTUARY

COST:
 \$45 until March 7
 \$55 after March 7

For more info or to register, contact Eve.Tolentino@therocksandiego.org or call 619-226-7625.



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

@

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 U (Spiritual Development Classes)
 1825 (Young Adult) Community Outreach
 Women's Ministry Rock Sports
 Men's Ministry Rock Academy (Preschool - 12th)

How did you hear about us:

Friend or Family On the News Other
 Web Yellow Pages

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