

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

EASTER.
at the ROCK

NEW
ARTWORK
PENDING



MARCH 7, 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.

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.

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
 Build muscle, lose weight, or just feel great with the Rock Fitness and Nutrition Ministry. They are holding a 6-week class. All fitness levels welcome. All proceeds will benefit the Rock Homeless Ministry.
Cost: \$70/person or \$120/pair
 For more info, contact Marsha at 619.948.4341 or fitness@therocksandiego.org.

BUSINESS LIFE MINISTRY
 NETWORKING EVENT • ROCK CAFE
 THURSDAY, MARCH 18 • 6:30 PM
 Get connected! Network with other Christians in business.
 To R.S.V.P. or for more info, contact Cyrus at business@therocksandiego.org or 858.733.1136.

PANCAKE BREAKFAST
 FOR GRADUATING FOSTER YOUTH
 7 AM - 12 PM • March 14 • Rock Park
 Step Up Foster Youth Mentor Ministry is flipping pancakes to raise funds for caps and gowns, yearbooks, prom tickets and other senior activities. Cost: \$5, includes two sausages and OJ.
 For more info, contact Lisa at 619.757.9599 or fosteryouth@therocksandiego.org.

READ THE BIBLE BY THE END OF THE YEAR!
Monday - 1 Kings 1-3 **Friday** - 1 Kings 14-16
Tuesday - 1 Kings 4-6 **Saturday** - 1 Kings 17-19
Wednesday - 1 Kings 7-9 **Sunday** - 1 Kings 20-22
Thursday - 1 Kings 10-13

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 8

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

simplyworship | MARCH 9 • 7PM ROOM 232
 Join us for an extended time of praise and worship.

Wednesday, March 10

6:30 PM	Womens Ministry: Sisters in Christ	Rm 232
7 PM	1825 Ministry: Young Adult Café	Rm 235
7 PM	High School Ministry: Epic Experience	Rock Café

Thursday, March 11

6:30 PM	Foster Youth Mentor Ministry: Mentor Pow Wow	Rm 355
7 PM	1825 Ministry: Young Adult Café	Rm 235
7 PM	Rock Recovery Ministry: The Most Excellent Way	Library

Friday, March 12

6:45 PM	Spiritual Wellness Ministry: Class (Women Only)	Rm 232
7 PM	Moms' Ministry: Praise & Coffee	Santee
7:30 PM	Rock Recovery: Bonfire	De Anza Cove

Saturday, March 13

8 AM	Foster Youth Mentor Ministry: San Diego County Training	Polinsky Center
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Sunday, March 14

10 AM	Rock Financial Life Ministry: Free Counseling	Community Room
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Announcements

SISTER
 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.

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.

Youth Volunteers
 Want to have an impact during the most crucial time in students' lives? For info on getting involved in Rock Youth Ministries, stop by the booth in the Rock Lobby or contact Dru at 619.764.5129 or dru.teves@therocksandiego.org.

Nutritionist Needed
 Do you have a nutrition background? Rock Sports is looking for volunteers who can come along side some of our sports ministries with helpful tips and information. If you are interested contact Lorri at 619.764.5175 or lorri.greene@therocksandiego.org.

CRITICAL INCIDENT STRESS MANAGEMENT
 ROCK CAFÉ AND SANCTUARY
 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
 The Rock Church is hosting Crisis Intervention and Disaster Response workshops. First workshop: "Pastoral Crisis Intervention," a 13-hour course to prepare lay leaders and professionals as community crisis chaplains.
 Cost: \$45 until March 7 \$55 after March 7
 For more info or to register, contact Eve.Tolentino@therocksandiego.org

SIGN UP NOW...
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).
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.



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
 High School 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.