

# SUPPORT YOUR CHURCH

VOLUNTEER SUNDAYS

We invite you to join one of our teams, get connected within the Rock community and be a part of the Sunday experience. Sign up today at [sdrock.com/serve](http://sdrock.com/serve)

Altar Call // Facilities // Follow Up // Rock Kids  
// Rockpile Bookstore // Rock Thrift Store // Hospitality // Parking // Production // Security  
// Special Events // Student Ministries

"With a simple hello I help people prepare to hear God's voice."

-Kimberly



[SDROCK.COM/SERVE](http://SDROCK.COM/SERVE)

**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.



**Miles McPherson** is the Senior Pastor of the Rock Church and author of Do Something! Make Your Life Count. He is also the founder of DoSomethingWorld.org, which unites churches, governments and organizations across the globe to be a catalyst for change in their own communities. The Rock is one of the largest churches in the US and home to over 100 outreach ministries. In 2011, the Rock Church donated 235,286 hours of community service to the City of San Diego.

## SAN DIEGO SERVICES TIMES

**Sunday** • 8AM\* • 10AM\* • 12PM\* • 5PM\* • 7PM  
*Interpreting for the deaf is available at the 10AM service.*

*\*Rock Kids services are for Infants through 5th grade. Special Needs available at 10 AM and 12 PM.*

**Junior High** • 10AM • 12PM • 5PM // **High School** • 5PM & 7PM  
For other Rock Church campuses, visit [sdrock.com](http://sdrock.com).

**RockTV: Sundays** • 11PM • **San Diego 6** // **Rock Radio: KPRZ 1210** • M-F 4:30PM

## OTHER RESOURCES

**Rockpile Bookstore**  
[rockpilebookstore.com](http://rockpilebookstore.com) • 619.764.5282

**Rock Thrift Store**  
[rockthriftstore.com](http://rockthriftstore.com) • 619.876.4187.

**Rock Preschool**  
[therockacademy.org](http://therockacademy.org) • 619.764.5205  
Fully licensed, infant-to-5-year preschool.

**Rock Academy**  
[therockacademy.org](http://therockacademy.org) • 619.764.5200  
WASC-accredited, college preparatory K-12 school.

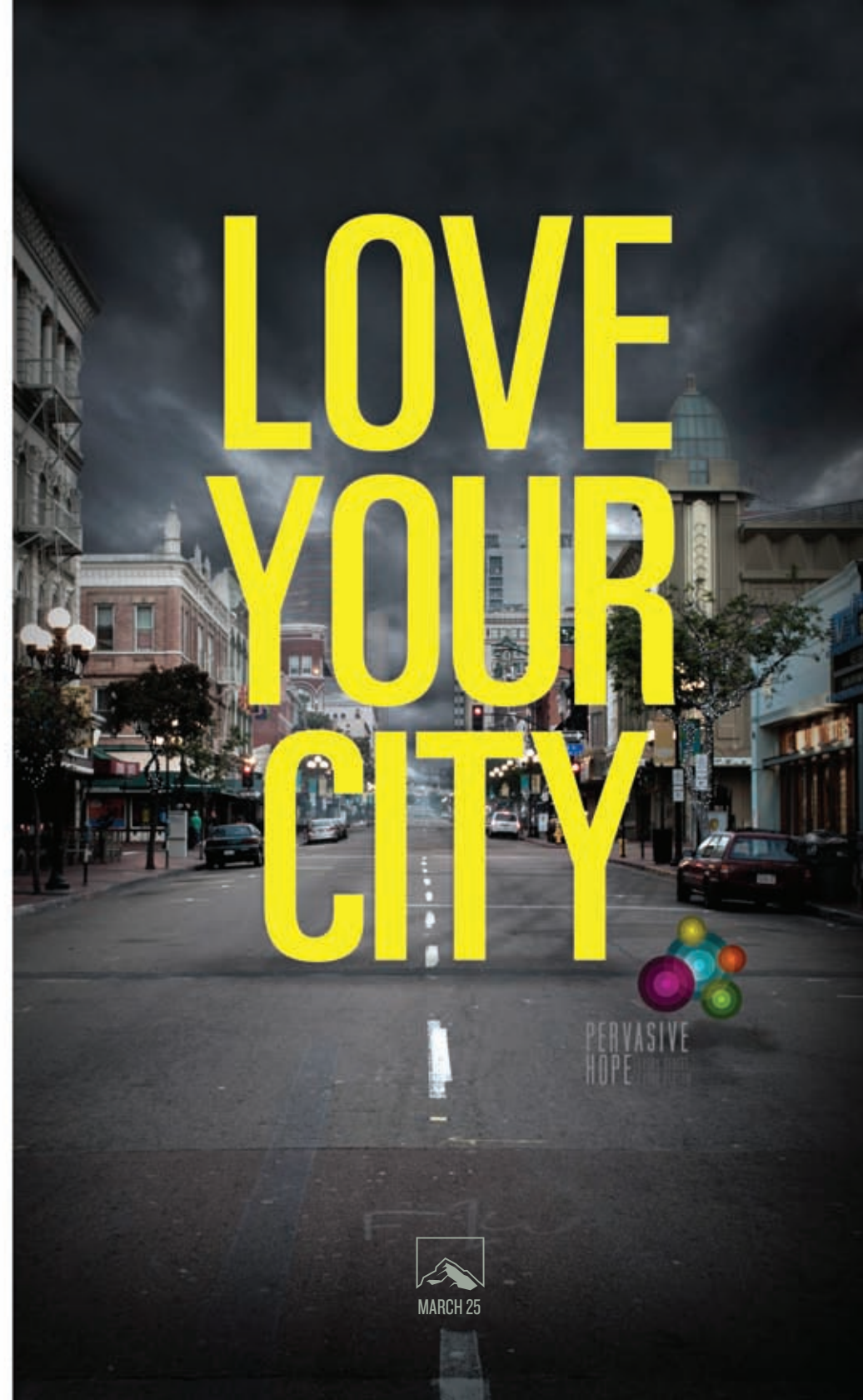
**Need prayer?** Visit: [sdrock.com/prayer](http://sdrock.com/prayer)

## WAYS TO GIVE:

<p><b>GIVE NOW</b></p> <p>Drop off your gift envelope in the lobby.</p>	<p><b>GIVE ONLINE</b></p> <p>For fast and convenient gifts visit <a href="http://sdrock.com/give">sdrock.com/give</a></p>	<p><b>TEXT GIVE 2</b></p> <p>Text or email your gift (i.e. 25) to <a href="mailto:sdrock@mogiv.com">sdrock@mogiv.com</a></p>
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CAN'T MAKE IT TO THE ROCK NEXT WEEK. WATCH US ONLINE OR ON THE GO!

619.226.ROCK • [SDROCK.COM/LIVE](http://SDROCK.COM/LIVE)



# LOVE YOUR CITY.

## EVENT

Join us **Saturday, March 31** from 7AM - 12PM at the Jackie Robinson YMCA. We'll be lovin' our city by painting, landscaping, and reaching out to the community with an Easter Egg Hunt for children Pre-K to 3rd grade and the Gospel message.



**REGISTER TODAY AT**  
[SDROCK.COM/E9844](http://SDROCK.COM/E9844)





OUTREACH

### SHARE THE MUSIC MUSICAL INSTRUMENT DRIVE

Stop by the Outreach Area in the lobby to sign up to give or get new & used Musical Instruments / equipment. To get involved in the ministry email [jazzband@sdrock.com](mailto:jazzband@sdrock.com) for more information.

### The Recycling ReLaunch

Rock Recycle is relaunching and needs your RECYCLED goods! Come to the launchpad all day Sunday from 7AM - 7PM. Volunteers and leaders needed! Support the cause. For more info, email us at [recycle@sdrock.com](mailto:recycle@sdrock.com)

### ROCK MOUNTAIN BIKE SILENT RIDE

Join the Mountain Bike Ministry for the annual SILENT RIDE Saturday, April 7th at Mission Bay 8:30 AM. All ages welcome. We ride the 7.7 boardwalk to honor JESUS' sacrifice for us. More info & directions:

[rockmtb.com](http://rockmtb.com)



### WOMEN'S SPIRITUAL & PHYSICAL FITNESS

The Spiritual Wellness Ministry classes feature PraiseMoves®, the Christian alternative to yoga, a stretching and strengthening exercise to Scripture. Saturdays from 8:15AM - 9:30AM (beginners) & 9:45AM - 11AM (Intermediate/Advanced) at the Rock. Visit: [sdrock.com/ministries/spiritualwellness/](http://sdrock.com/ministries/spiritualwellness/) or visit our lobby table TODAY.



PASTOR'S PERSPECTIVE  
ISSUES FACING MEN  
BY PASTOR RONNIE HOLDERBY

### UPCOMING EVENTS

BRING IT! SALE - 50% OFF EVERYTHING // 3.25  
ROCK THRIFT STORE • ALL DAY

SPEND \$30, GET A FREE BIBLE // 3.25  
ROCKPILE • ALL DAY

ALL MARRIED CAFE // 3.30  
CAFETERIA • 7PM

FAITHWORKS // 4.5  
COMMUNITY ROOM • 6:30PM

MENS PRAYER EVENT // 4.7  
COMMUNITY ROOM • 8AM

BRING ON THE BACON  
MEN'S BREAK-FAST  
4.7 CAFE 9AM  
COST \$10

JOB FAIR // 4.16  
ROCK CHURCH SAN DIEGO • 6PM

>>FOR MORE INFO & EVENTS VISIT  
[SDROCK.COM/EVENTS](http://SDROCK.COM/EVENTS)

To be a man today is to face extraordinary pressures.

The media belittles men. Women are told they are better without men. Men find themselves in a race for achievement and self-gratification they cannot win. Here in the richest society in the history of the world, there is a level of temptation that is unprecedented.

Satan, the author of all the temptations has a plan and it is not to merely annoy you and keep you off balance. He seeks to destroy you, your family, your hopes and your joy.

So to all men, the question it this: Would you really choose to go through life alone without the protection of God Almighty?

READ FULL BLOG AT

[blog.sdrock.com/pastors](http://blog.sdrock.com/pastors)



JUNE 1-3 • RANCHO MIRAGE

### GET HEALING, CONNETCTION AND RELAXATION.

Join Pastor Miles and Debbie at the Rock's 11th Annual Marriage Getaway.

Register now at [sdrock.com/e9703](http://sdrock.com/e9703)

# EASTER AT THE ROCK



GET YOU TICKETS AT [SDROCK.COM/EASTER](http://SDROCK.COM/EASTER)



SANCTUARY | MARCH 27

Join our young adults for the kick-off of the all-new season. Enjoy a night of live worship and a chance to connect with other young adults. Tuesday, March 27 at 7 PM.

[sdrock.com/1825](http://sdrock.com/1825)



ROCK CAFETERIA | MARCH 27

Is God calling you to step up your walk? Every Tuesday night is open guys' night at the Rock - 6:30PM - 8:30PM. Soak in the blessing of live worship, great teaching, discussion and prayer. Don't miss it! Bring a friend!

[sdrock.com/ironmen](http://sdrock.com/ironmen)



DE ANZA COVE | MARCH 26

If you've accepted Christ but never made a public proclamation of your faith, here's your chance. Join us and experience the joy of being baptized. Registration starts tomorrow at 5:30PM and baptisms begins at 6PM. For more info, contact Sarah Moesta at [sarah.moesta@sdrock.com](mailto:sarah.moesta@sdrock.com) or visit us online.

[sdrock.com/e9704](http://sdrock.com/e9704)

IF YOU HAVE ANY QUESTIONS, STOP BY THE INFO DESK. ENJOY THE SERVICE!

[facebook.com/therocksandiego](https://www.facebook.com/therocksandiego)

[twitter.com/therocksandiego](https://twitter.com/therocksandiego)

# STAY CONNECTED

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

Updating my information  I'm NEW!

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

Address .....

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

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

Email .....

@ .....

Campus:  Pt. Loma  North County

Male  Female  Married  
 Single  Widow(er)  Divorced  
 Military  Police  Firefighter

Name(s) and birthday(s) of household member(s):  
.....  
.....

facebook.com/.....

twitter: @ .....

Find us on Facebook at [facebook.com/therocksandiego](http://facebook.com/therocksandiego)

Follow us on twitter at [twitter.com/therocksandiego](http://twitter.com/therocksandiego)

How did you hear about us?

Friend or Family  On the News  Radio  
 Social Media  Drive By  Web

Other .....

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

NEW WAYS TO CONNECT