

# 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.

**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.

### 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.

**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:

**GIVE NOW**

Drop off your gift envelope in the lobby.

**GIVE ONLINE**

For fast and convenient gifts visit [sdrock.com/give](http://sdrock.com/give)

**TEXT GIVE 2**

Text or email your gift (i.e. 25) to [sdrock@mogiv.com](mailto:sdrock@mogiv.com)

**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)

NEW WAYS TO CONNECT

Weekly Edition • July 8, 2012

# Exposed

# ?

**QUIZ**

July 8, 2012 \$2.99

*We invite you to the*  
 12<sup>th</sup> Annual  
**Women's Retreat**

**AUGUST 17 - 19 • MURRIETA HOT SPRINGS**

*Join us this year with Author & communicator*  
**DEBBIE ALSDORF**  
*"LIVING IN THE MEANTIME—BECOMING A WOMAN WHO TRUSTS GOD."*

**COST** \$195  
 (all inclusive retreat in a great spa setting)

**REGISTER TODAY!**  
**[SDROCK.COM/E9761](http://SDROCK.COM/E9761)**



# OUTREACH

# SB 48

A good citizen is an informed citizen. Stop by the Salt & Light Ministry table today to find out more information about SB48 or email [saltandlight@therocksandiego.org](mailto:saltandlight@therocksandiego.org).

## MEXICAN CHRISTIAN MINISTRY

God is using MCM to impact thousands in Mexico through conferences, outreaches and a food program. To expand, we need more help. Stop by our lobby table today to learn how God can use you to provide pervasive hope to our neighbors south of the border.

## MIRACLE 139

The Miracle 139 Special Needs Children's Ministry needs you! Whether you are a professional working with children with special needs, or have a heart for this population, you can make a difference! If you have a child with special needs, let us know how we can better serve you! Come see us in the lobby!!

## INTERESTED IN SKIING OR SNOWBOARDING?

Yes, we know it's July. But come to an information meeting July 9 and August 13, 6:30-8PM in RM 225. Beginners, families and all levels welcome! For more info, email [snow@sdrock.com](mailto:snow@sdrock.com) or visit our lobby table today!

## COME DANCE WITH US...

Hip Hop? Island Praise? Rhythm of Joy? Salsa? Tango (Argentine)? West Coast Swing? Pick one class or all! Rock Sports dance ministries are offering classes this summer so get one on your calendar! All levels welcome! To view dates, visit [sdrock.com/ministries/sports](http://sdrock.com/ministries/sports) and select a ministry.



## MINISTRY HIGHLIGHT

# ELEPHANT IN THE ROOM

How can a disease that touches more than four of every ten people can be something nobody talks about?

"Diabetes is shrouded in shame and denial," says Eric Swearingen, the Diabetes Ministry leader and a diabetic. "If diabetes is a killer, then shame is its accomplice."

Since diabetes is commonly thought of as a disease that is brought on by a person's lifestyle choices, a diabetic often feels the shame of having done it to themselves. The result is people don't talk about it and the less they talk about, the less diabetics and their loved-ones can benefit from the conversation. A loss of eyesight, limbs and early death are common outcomes.

The Rock's Diabetes Ministry pulls the cover from diabetes and bring people into an environment of information, accountability and absolutely no judgment. Adds Swearingen, "We support each other in creating lifestyles that aren't constantly threatened by diabetes—but it can only happen with the help of others."

The ministry reaches beyond the Rock and into the community where so many live in the dark about it. "For example," says Swearingen, "40% of all homeless are veterans and nearly all of them are diabetics. If that isn't worth talking and doing something about, I don't know what is."

## DIABETES MINISTRY TUESDAYS 6:30-8:30, RM 253

## UPCOMING EVENTS

CANCER CARE SUPPORT GROUP // 7.9  
ROCK CHURCH LIBRARY · 6:30PM

1825 IN SANCTUARY // 7.10  
ROCK SANCTUARY · 7PM

WOMENS BIBLE STUDY // 7.11  
ROCK CHURCH SAN DIEGO · 6:30PM

MEN'S "COURAGEOUS" STUDY // 7.14  
ROCK CAFETERIA · 9AM

HIKE // 7.14  
MOUNT MIGUEL · 9:30AM

BAREFOOT SUNDAY // 7.29  
ROCK CHURCH · ALL DAY

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

## IMPACT 195 GLOBAL UPDATE

[SDROCK.COM/STORIES/195GLOBALUPDATEJUNE2012](http://SDROCK.COM/STORIES/195GLOBALUPDATEJUNE2012)

God is moving mightily through those who have been called to serve Him around the world. To see the fruits of love and sacrifice from the Rock Ambassadors who are answering God's call.

JUNIOR HIGH  
**MMPD CAMP**  
JULY 29 - AUGUST 2  
SIGN-UP @ [SDROCK.COM/E10019](http://SDROCK.COM/E10019)

JULY 20-22  
**EPIC SUMMER CAMP**  
HIGH SCHOOL STUDENTS SIGN-UP HERE  
[SDROCK.COM/E10061](http://SDROCK.COM/E10061)

S.I.S.T.E.R.S.

**S.I.S.T.E.R.S. SUMMER STUDY**  
Rock Women, join your sisters this summer for "Seed," a unique six-week study starting Wednesday, July 11, 6:30PM - 8:30PM in Rm 232. Learn in a small-group setting via DVD from Priscilla Shirer, a dynamic Dallas-based Bible teacher. Childcare available. More information at [sdrock.com/ministries/womens](http://sdrock.com/ministries/womens).

KINGDOM ROYALTY  
JERRY RAY

**BOOK SIGNING**  
Pick up a copy of *Kingdom Royalty* today in the lobby, and get it signed by author, Jerry Ray. Pastor Miles said about the book, "You will be challenged to see yourself as God's Word describes you and how He has a purpose for you to do something extraordinary for Him." Find out more at [www.perpetualkingdom.com](http://www.perpetualkingdom.com).



**MICHAEL JR. AT THE ROCK**  
On July 15, Pastor Miles will be joined on stage by comedian, Michael Jr. You don't want to miss hearing about how his unique and often hilarious perspective on life brings the hope of Jesus to his audiences. Read more about his story at [michaeljr.com/about](http://michaeljr.com/about).

# FIND YOUR GROUP

ROCK CHURCH SMALLGROUPS

**S**mall groups are a great way to connect with other members of the Rock family, form community and grow deeper in your faith.

They also provide an opportunity to spread Pervasive Hope to the neighborhoods where you live and work through community service projects and outreach efforts.

We have small groups that meet every night in over 60 zip codes around San Diego County.



FIND A SMALL GROUP IN YOUR AREA  
[SDROCK.COM/SMALLGROUPS](http://SDROCK.COM/SMALLGROUPS)



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

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

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