

# UPDATE YOUR INFO!

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):

.....

.....

## HOW DID YOU HEAR ABOUT US?

Friend or Family  On the News  Radio

Social Media  Drive By  Web

Other .....

.....

TO SUBSCRIBE TO ENEWS, GO TO SDROCK.COM!

The Mission of the Rock Church is to Save, Equip and Send.



**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 DoSomethingChurch.org, a vibrant affiliation of churches around the world dedicated to establishing Pervasive Hope in their communities through proactive community service. 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. FOLLOW MILES ON TWITTER: @MILESMCPHERSON

## SERVICES TIMES

**Sunday** • 8AM\* • 10AM\* • 12PM\* • 5PM\* • 7PM

*Interpreting for the deaf is available at the 10AM service. Spanish translation available at the 12PM service.*

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

**High School // Junior High** • 10AM • 12PM • 5PM

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 & Dlush Lounge**  
[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.

**Impact195**  
 The Rock's School of Discipleship and Evangelism  
[i195.org](http://i195.org) • 619.764.5249

**Need prayer?** Contact [prayerrequest@sdrock.com](mailto:prayerrequest@sdrock.com)

**Free WiFi**  
 Rock Guest WiFi

## WAYS TO GIVE:

Drop off your envelope in the lobby.

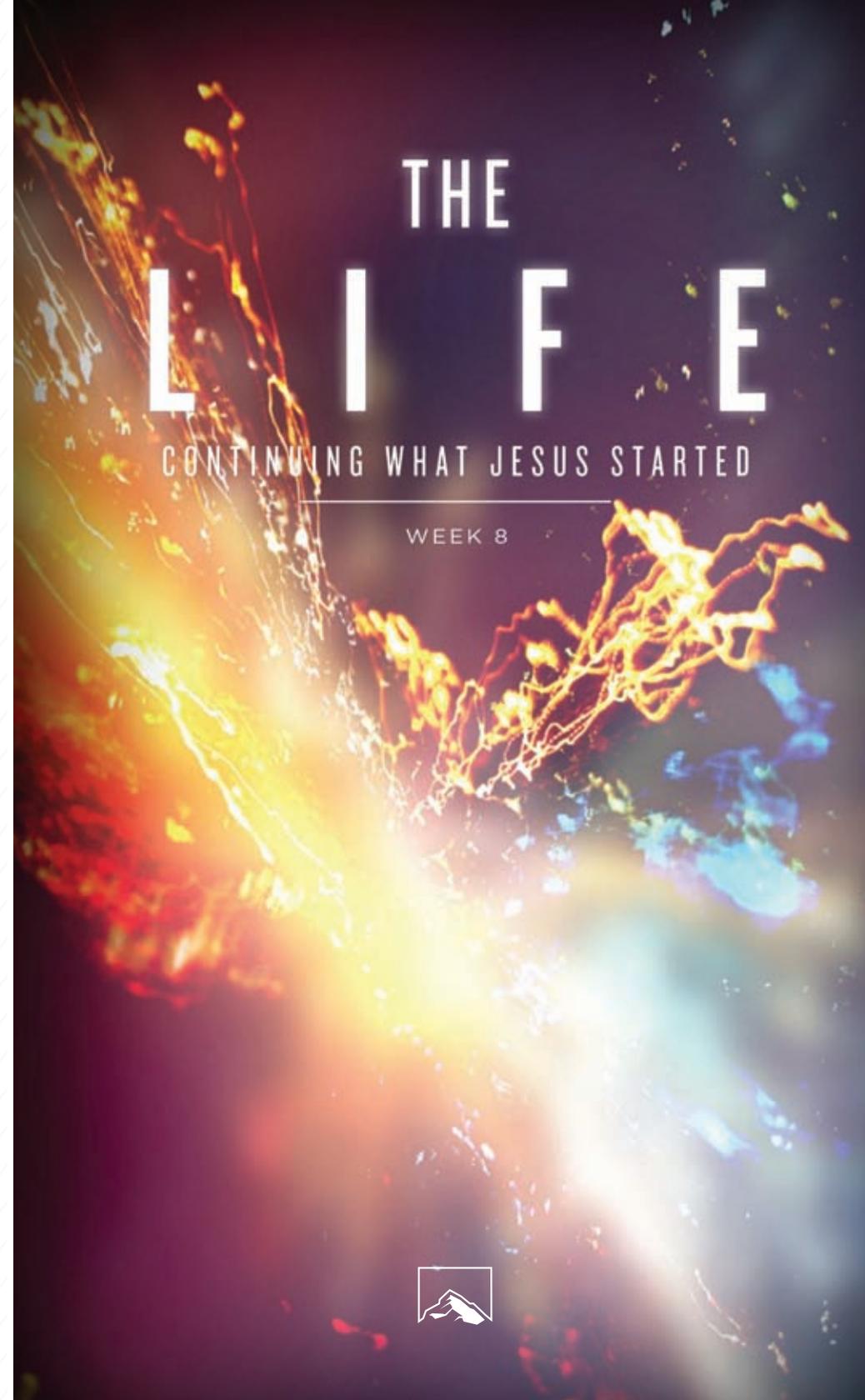
Online at [sdrock.com/give](http://sdrock.com/give)

Text or email amount 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



# RELATIONSHIP CONFERENCE



SINGLE  
 DATING  
 -OR-  
 MARRIED

One of the key factors in successful relationships is understanding one another. Come hang out with us and get some answers from Jeff & Shaunti Feldhahn, authors of *For Men Only* and *For Women Only*.

MARCH 2, 2013 // 9AM - 1PM  
 ROCK CHURCH



# OUTREACH

## SERVE THE DEAF COMMUNITY

God is expanding the Deaf Ministry in 2013 to the North and East County campuses. If you know sign language and are willing to use your gift to share hope with the deaf community, contact [michele.kassa@sdrock.com](mailto:michele.kassa@sdrock.com). You can also check out our website at [rockdeaf.org](http://rockdeaf.org).

## CARE PACKAGE MINISTRY



Please bring foods like whole grains, non-sugary cereals and low sodium options to our bins in the lobby from Mar 3 to Mar 27. You can also sponsor a ham/Easter basket for a family in need for \$20. Go to [mogiv.com/sdrock/carepackage](http://mogiv.com/sdrock/carepackage) for more info.

## GET YOUR BLOOD SUGAR TESTED!

The Diabetes Ministry will be checking blood sugar levels TODAY in the lobby after the 8AM, 10AM, 12PM, and 5PM services. For more info, email us at [diabetes@sdrock.com](mailto:diabetes@sdrock.com).

## SAN DIEGO HALF MARATHON & 5K

Volunteer for the San Diego Half Marathon on March 10! 100% of our net proceeds are used to fund volunteer community service projects in San Diego. Volunteer registration is free and includes a premium T-shirt, snacks, water, and community hours! For more info and to register, visit [sdhalfmarathon.com/](http://sdhalfmarathon.com/) get-involved or visit us in the lobby today!

## MLB FANTASY SIGN-UPS

The Fantasy Sports Ministry is for sports fanatics ages 18+ who want to compete in Christian-based fantasy leagues (no-gambling)! League fees will be donated by the winner to a Rock Outreach Ministry of their choice. Register for MLB Fantasy League at [sdrock.com/ministries/fantasysports](http://sdrock.com/ministries/fantasysports).

## MINISTRY HIGHLIGHT ▶ SEX ABUSE



### UPCOMING EVENTS

MEN'S BIBLE STUDY // 2.26  
CAFETERIA • 6:30PM

WOMEN'S BIBLE STUDY // 2.27  
RM 232 • 6:30PM

YOUNG ADULT GATHERING // 2.28  
WAREHOUSE • 7PM

JUNIOR HIGH 8-WEEK PURITY SERIES //  
STARTS 3.5 & 3.6

GUYS • TUESDAYS • JR HIGH RM • 6:30PM  
GIRLS • WEDNESDAYS • RM 235 • 6:30PM



CAN'T MAKE IT  
NEXT WEEK?  
WATCH  
ONLINE  
[sdrock.com/live](http://sdrock.com/live)

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

## ROCK THRIFT'S 5 FOR \$15 SALE

Buy any 5 articles of regularly  
priced clothing for just \$15

**W**hen Diane Carrillo committed her life to Christ, she began to see the light at the end of a painful, life-long tunnel, and knew she wanted to stand by other women who had experienced the horror of being sexually abused as children, just as she had.

However, as she pursued the idea of a ministry, she learned something fairly surprising. "Churches don't really want to talk about child sexual abuse, let alone have a ministry about it," Diane says. "They're trying to present themselves as happy, pleasant places. Sexual abuse is just too dark and painful."

When she came to the Rock and saw that Pastor Miles and the church not only didn't shy away from, but embraced difficult topics, she had found a match for her ministry idea.

As she sat with Rock Outreach Director, Zeb Hill, and explained her idea, Zeb's eyes widened. Just a week before, a man had come to him with the exact same idea, only for men. "Care to team up?" Zeb asked.

It was yet another confirmation that God was on the move. "The ministry is called, I Will Stand By You, and will be a sanctuary for all those living with such a horrible secret," says Diane. "There is incredible power in groups of people supporting each other and standing up for one another. We are going to help set a lot of people free."

READ MORE ABOUT THE SEXUAL  
ABUSE RECOVERY MINISTRY AT

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

# BATTLE FOR THE TROOPS BOXING MATCH

GET YOUR TICKETS TODAY!  
[SDROCK.COM/BATTLEFORTHETROOPS](http://SDROCK.COM/BATTLEFORTHETROOPS)

MARCH 9  
11AM-5PM  
POINT LOMA CAMPUS



BENEFITS WOUNDED WARRIORS  
VISIT US IN THE LOBBY TODAY!

## EAST COUNTY GROUNDBREAKING & WORSHIP NIGHT

MARCH 9, 2013 | 4:30PM  
805 JACKMAN ST, EL CAJON, CA 92020

Be a part of what God is doing in East County! Join us for a night of prayer and worship as we break ground at our new location in El Cajon. [SDROCK.COM/E11790](http://SDROCK.COM/E11790)



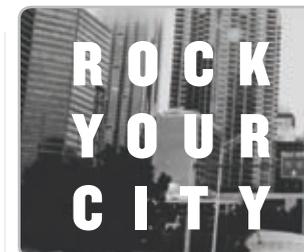
### JOIN THE ROCK KIDS TEAM!

Would you be willing to invest your time and talent into the next generation? Opportunities range from holding babies and welcoming families to video editing and production. Join us for Rock Kids 101 on Sunday, Mar 3 at 2:30PM in room 235 to find out how you can help! For more info, contact Jennifer Perry at [jennifer.perry@sdrock.com](mailto:jennifer.perry@sdrock.com).



### MARRIAGE RETREAT IS COMING!

The 12th Annual Marriage Getaway is coming! Mark your calendars for June 7-9 for a weekend getaway with Pastor Miles and Debbie McPherson as we reignite passion behind "The Promise". Register now! Early bird special rate of \$365 until April 2. Cost beginning April 3 is \$390. Don't miss it! [sdrock.com/e11818](http://sdrock.com/e11818)



### ROCK YOUR CITY RETURNS!

Join us on Saturday, March 16 from 7AM to 1PM in City Heights. We'll be beautifying a park and school, so bring the whole family! For more information visit us at [sdrock.com/e11750](http://sdrock.com/e11750)

# ROCK COMMUNITY CHAPLAINS

Rock Community Chaplains offer care to the community, workplace, co-workers and families who have personal and professional life challenges. Volunteer to serve on this amazing team! The Critical Incident Stress Management (CISM) course is a prerequisite and covers the basics of faith-based ministry to help people in a time of crisis.



# CISM BASIC CHAPLAINCY TRAINING COURSE

Level 1 is an important foundational course for anyone who serves in the field of Disaster Response or crisis assistance. This 3-day course is offered March 13, 15 and 16. Attendance is required on all days for certification. Visit [sdrock.com/events/11392](http://sdrock.com/events/11392) for more info or email Sarah Moesta at [sarah.moesta@sdrock.com](mailto:sarah.moesta@sdrock.com).

MARCH 13: 6-9PM / MARCH 15: 6-9PM / MARCH 16: 8:30AM-5PM

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twitter [@therocksandiego](http://@therocksandiego)