

# Stay CONNECTED

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

Address .....

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

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

Email .....

@ .....

Home  Pt. Loma  N. County  E. County  
Campus:  San Ysidro

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 .....

## HOW OFTEN DO YOU ATTEND?

Per month, I attend the following number of Sundays:

1  2  3  4+  1st Time  Visiting

TO SUBSCRIBE TO ENEWS, GO TO [SDROCK.COM](http://SDROCK.COM)!

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



**Miles McPherson**, a former defensive back with the San Diego Chargers, is the Senior Pastor of Rock Church and founder of [DoSomethingChurch.org](http://DoSomethingChurch.org) - a vibrant affiliation dedicated to establishing Pervasive Hope in their communities through proactive community service. Rock Church is one of the largest churches in the US and home to over 140 outreach ministries. Rock Church hosts 18 services every weekend, with a weekly attendance of over 15,000 people at their four locations in San Diego County. In 2012, Rock Church members donated 233,712 hours of community service to the county of San Diego - a \$4 million value. Last year, Rock Church expanded to include a campus in south San Diego county and continues on with God's work to reach every street and every person for Jesus.

FOLLOW MILES ON TWITTER: [@MILESMCPHERSON](https://twitter.com/MILESMCPHERSON)

## SERVICE TIMES

**Sunday • 8AM\* • 10AM\* • 12PM\* • 6PM\***  
*Interpreting for the deaf is available at the 10AM service.*

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



*Closed captioning during the 10AM  
live stream service*

*Traducción al Español disponible en el servicio  
de las 12 del mediodía. Acuda al mostrador de  
información para obtener más detalles.*

**Junior High // High School • 10AM (Sundays) • 6PM (Wednesdays)**  
For other Rock Church campuses, visit [sdrock.com](http://sdrock.com).

**RockTV:** [sdrock.com/rocktv](http://sdrock.com/rocktv) // **619.226.ROCK**

## OTHER RESOURCES

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

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

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

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

**Rock Church: Job Openings**  
Take a look at our current job openings at [sdrock.com/jobs](http://sdrock.com/jobs).

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

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

**Rock Guest WiFi**

## WAYS TO GIVE

**GIVE  
NOW**

Drop off your gift envelope  
in one of the giving boxes in  
the lobby or sanctuary.

**GIVE  
ONLINE**

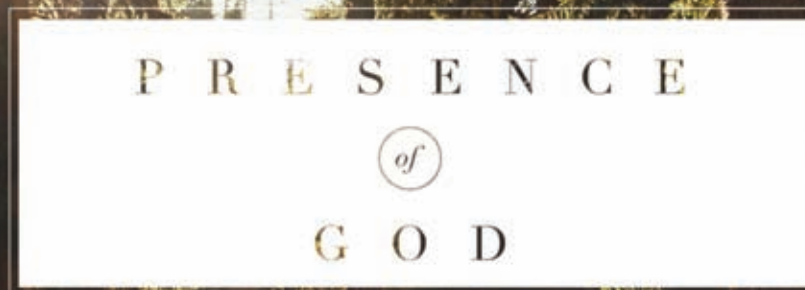
Visit one of the free-  
standing kiosks in the  
lobby or [sdrock.com/give](http://sdrock.com/give).

**TEXT  
2 GIVE**

Text **SDROCK** <space>  
DONATION AMOUNT to  
59769. Example: **SDROCK 50**

**CAN'T MAKE IT TO THE ROCK NEXT WEEK? WATCH US ONLINE OR ON THE GO!**

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



## WE LIFT YOU HIGH

**Live Worship Album now available!**

On September 25, 2014, the Rock Church family came together to record our very first live worship album. Thousands of people representing all four campuses - Point Loma, North County, East County, and San Ysidro - joined in unity to lift up their voices in praise as we captured the sounds of our Sunday worship services.

Rock Church Worship's desire is to help people encounter God, and our hope is that you do every time you listen to WE LIFT YOU HIGH!



**PICK UP YOUR COPY AT THE ROCKPILE!  
CD'S ARE ONLY \$10**

[sdrock.com/worshipalbum](http://sdrock.com/worshipalbum) • [#sdrockworship](https://twitter.com/sdrockworship)

A ROCK CHURCH ORIGINAL SERIES



# OUTREACH

## RELATIONSHIP MINISTRY

Healing or trying to recover from a past breakup, separation, or divorce? Discover true healing at Hearts Restored, a thirteen-week study, starting March 24. For more info, go to [sdrock.com/relationship](http://sdrock.com/relationship) or email [relationships@sdrock.com](mailto:relationships@sdrock.com).

## LITERACY MINISTRY

Do you or your child have difficulty reading? The Literacy Ministry is developing a phone app to help people with reading in their daily lives. Join us as an iPhone BetaTester. Download the app at [audvi.com](http://audvi.com) or text us at 22828 "Audvi". Visit us in the lobby today for more info.

## WOMEN'S RESTORATION

Amazing Grace Women's Tea will be held Saturday, May 9, 1:30PM at our East County campus to benefit Women's Restoration Ministry and their recovery homes. Join Pastor Ricky Page for tea, desserts, and a silent auction. Cost: \$25. For info and to register, go to [christianwomenscounseling.com](http://christianwomenscounseling.com).

## CANCER CARE

Rock Cancer C.A.R.E. offers cancer support groups for adults, and support to families with children who are sick from ANY disease. Stop by our lobby table to learn about volunteer opportunities and more! For info, contact us at [info@rockcancercare.org](mailto:info@rockcancercare.org).

## OLYMPIC WEIGHTLIFTING

We unite the weightlifting community and share the gospel through a common passion for the sport. Join us Tuesday, 7:30PM at Crossfit Social. Free and open to beginners and experienced lifters. For more info, email [weightlifting@sdrock.com](mailto:weightlifting@sdrock.com) or visit us in the lobby today.

>>FOR MORE INFO & A LIST OF OTHER OUTREACH MINISTRIES, VISIT [SDROCK.COM/OUTREACH](http://SDROCK.COM/OUTREACH)



## UPCOMING EVENTS

WOMEN'S STUDY // 2.25  
RM 232 • 6:30PM

WOMEN'S STUDY // 2.26  
RM 232 • 9:30AM



FOR MORE EVENTS, VISIT [sdrock.com/events](http://sdrock.com/events)

Eating satisfies so many of my senses. There is something about the smell of a freshly cooked breakfast, the warmth of bread straight out of the oven, the crispness of bacon right off the grill, the taste of fresh-squeezed orange juice washing it all down, and the gratification of going from hungry and grumpy to happy and full.

While I thoroughly enjoy eating, I have to be cautious about the types of things I eat. We cannot simply eat what we like because it tastes good. We also must feed our body what it needs. Simply because I like enchiladas does not give me permission to skip out on vegetables.

In our marriage of five years, my wife Linda and I have recently started to learn this lesson on a spiritual level. Marriages must account for the full course of spiritual feeding. Similar to the five food groups, there are five areas that we can focus on to ensure that we are spiritually feeding our marriage, and intentionally putting ourselves in God's presence together.

READ THE ENTIRE STORY AT [SDROCK.COM/STORIES](http://SDROCK.COM/STORIES)

## ROCKPILE BOOKSTORE

- All fasting books are 10% off! New Veggie Tales
- Noah's Ark DVD releases Febuary 28! New Rock
- Worship CD We Lift You High now on sale!



## HAPPENINGS



### CRISIS INTERVENTION TRAINING

Group Crisis Intervention focuses on providing assistance to groups of people who have been impacted by a crisis. Instruction will cover practical and biblical assistance to help after traumatic experiences. This 13-hour course is March 11, 13, & 14 and is certified by the International Critical Incident Stress Foundation. Register online at [sdrock.com/cism](http://sdrock.com/cism).



### ROCK CHURCH MEMBERSHIP

Become a Rock Church member through our three-week LIFE Classes. The LIFE Classes will equip you to fulfill God's calling. Experience the Rock Church's unique discipleship pathway for personal transformation in relationships, ministry, stewardship, and evangelism. The next three-week class starts March 8. For more info and to register, go to [sdrock.com/lifeclases](http://sdrock.com/lifeclases).



### ROCK COLLEGE MINISTRY

Elevate your knowledge. Elevate your relationships. Elevate your life. If you're age 18-23, join our Rock College Ministry on Tuesday evenings at 6:30PM starting February 10 at the Point Loma campus. Grow in your relationship with Christ and build relationships! Email [nick.yates@sdrock.com](mailto:nick.yates@sdrock.com) for more info.

## ROCK THRIFT STORE ROSECRANS

## NOW OPEN!

Our new store is just minutes away from our current location in the Midway district of San Diego. Be a part of this new adventure!

### DONATE

Drop off items at any Launchpad location on Sundays or at either Rock Thrift location.

### VOLUNTEER

We need lots of new volunteers to help run the store. Sign up online at [sdrock.com/thrift](http://sdrock.com/thrift).

### SHOP

Visit our new location and support Rock Thrift by purchasing items.

### ROCK THRIFT ROSECRANS

3603 Camino del Rio West  
San Diego, CA 92106

9AM - 6PM | MONDAY - SATURDAY  
10AM - 5PM | SUNDAY

FIND OUT MORE AT [SDROCK.COM/THRIFT](http://SDROCK.COM/THRIFT)

STAY IN TOUCH WITH US & WHAT'S HAPPENING AT THE ROCK. [f](https://www.facebook.com/therocksandiego) / [i](https://www.instagram.com/therocksandiego) / [t](https://www.tumblr.com/therocksandiego) | @therocksandiego | #sdrock