

IMPACT 195

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.

**\$100 discount if you register by 1.31.10.
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.

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

Pastoral 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, Save, Equip, Send _____ 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)

Senior High • 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



DO SOME THING

**MAKE YOUR
LIFE COUNT**

JANUARY 31, 2010

ROCK U
**UPCOMING
CLASSES**

New
Courses!

CHURCH HISTORY

{02.01.10 - 2.22.10}

From the book of Acts to the Reformation

Instructor: Chuck Jamison

EMPOWERED TO LOVE LIKE JESUS

{02.01.10-03.22.10}

You were created to live your life in love—learn how to do that.

Instructor: Kirsten Strawn

CAREER TRANSITION

{02.01.10 - 02.22.10}

Jumpstart your job hunt and more

Instructor: Paige Cohen

LIFE-STYLE EVANGELISM

{02.10.10-02.24.10}

Insert the gospel into everyday encounters

Instructor: Sean Henschel

SPIRITUAL FORMATION

{02.10.10 - 03.17.10}

A closer walk with Christ, for all Christians young and old

Instructor: David Looney

Fee: Each, \$15, except Life-style Evangelism, which is \$10.



For more info, and to register, go to www.therockuniversity.org.



As of Sunday, January 24,
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.

ROCK STEADY HIP HOP CLASSES
MONDAYS • 4 PM, 5 PM, 7 PM

New hip hop for children aged 5 to 10, 4 PM, \$10/session. Beginner hip hop *all ages*, 5 PM, \$10/session. Regular company class and Bible study, 7 PM, \$7 for 1 session or \$24 for 4. Location: Flip Force of San Diego, 5629 Copley Dr, San Diego

For more info, visit www.rocksteadydance.org or contact Brandon at hiphop@therocksandiego.org or 619.247.0653.

CANCER CARE MONDAYS • 6:30 PM
ROCK LIBRARY

Rock Cancer C.A.R.E. exists to provide compassionate, spiritual, and emotional support, while connecting patients, caregivers and survivors to resources to help them cope with the effects of cancer. We invite you to join us.

For more info, contact cancercare@therocksandiego.org.

ROCKRECOVERY

Rock Recovery is a Christian 12-step ministry of the Rock Church. We are a Christ-centered, co-ed support group that uses small-group interaction, scripture, and 12-step principles for those dealing with the bondage and destruction of addiction.

For more info, contact David at rockrecovery@therocksandiego.org or 619.925.1879. Visit www.therocksandiego.org/eventcalendar/rockrecovery/ for upcoming events.

READ THE BIBLE BY THE END OF THE YEAR!

Monday - Deuteronomy 28-30 **Friday** - Joshua 7-9
Tuesday - Deuteronomy 31-34 **Saturday** - Joshua 10-12
Wednesday - Joshua 1-3 **Sunday** - Joshua 13-15
Thursday - Joshua 4-6

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

Monday, February 1

4 PM Hip Hop Ministry: Rock Steady Classes Clairemont
 6:30 PM Rock Cancer C.A.R.E. Support Group Rock Church Library

Tuesday, February 2

simplyworship
 ROCK CHURCH SANCTUARY • 7 PM
 Join us for an extended time of praise and worship.

Wednesday, February 3

6:30 PM Women's Ministry: Sisters in Christ Rm 232
 7 PM Sr. High Ministry: Epic Rock Café

Thursday, February 4

7 PM Rock Recovery: The Most Excellent Way Rock Church Library
 7:30 PM JC's Girls Ministry: Bible Study & Support Group Rm 351

Friday, February 5

6 PM Jr. High Ministry: Friday Nite Live Rock Park
 7:30 PM Rock Recovey Ministry: Bonfire De Anza Cove

Saturday, February 6

8 AM Men's Ministry: First Fruits Prayer Community Room

Sunday, February 7

NO 5 PM SERVICE SUPER BOWL SUNDAY

On February 7, Super Bowl Sunday, there will be no 5 PM service. Join us at 8 AM, 10 AM, 12 PM or 7 PM. The 7 PM service will start approximately 30 minutes after the Super Bowl concludes.

For more event information and locations, visit www.sdrock.com/events or call 619.226.ROCK.

Announcements

DO Something For Kids

Do you love kids? Children's Ministry has ways to serve: music & dance, production & technical, teaching, and more! Orientation is Sunday, February 14, 2:30 PM, Rm 232. For more info, contact Jennie at 619.764.5218 or jennifer.perry@therocksandiego.org.

Basketball League Sign-Ups

Come play and pray Friday nights at Jackie Robinson YMCA. Sign up as a team, individual, or with your buddies. Cost per person: \$75. Games start in February. For more info, contact Brent at 619.739.3007 or basketball@therocksandiego.org.

THE POWER OF CHANGE

Help Rock Academy students receive a quality education so that they can impact others for Christ. Pick up a globe bank in the lobby. Drop in your coins and return it by May 23, 2010. *Spare your change--and change a life!*

For more info, contact April at april.allen@therocksandiego.org or call 619.764.5200 x4000.

! DO SOMETHING LEADERS NEEDED

Would you like to DO Something really big?
 We need volunteers to lead the upcoming DO Something project March 6. Are you gifted in project management? Or would you like to volunteer just for the day?

For more info, contact sharon.predika@therocksandiego.org or call 619.764.5118.

ENLIST IN THE A.R.M.Y CLASS!

Do you know what the Rock's core values are? Do you want to connect with others at the Rock? Do you want to get your Rock A.R.M.Y. card?

The A.R.M.Y. class is the first of 4 core classes required to become an A.R.M.Y. Graduate. In this 4-part class you will

- learn how to share your testimony
- meet pastors and staff members of the church
- become acquainted with Rock ministries
- and discover your own spiritual gifts.

Cost: \$15 for 4 classes

For more info, contact Nicole at 619.764.5224 or www.therockuniversity.org.
Accountability • Reaching the Lost • Ministry • Yo' Money



Fill out this form and drop it at the Info Booth in the lobby or log onto www.therocksandiego.org and click "New to the Rock."

Updating my information. Today is my first visit.

Name DOB

Address

City State Zip

Home Phone Cell

Email

@

Demographics

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
 SHM (Sr. High) 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
 Radio Drive By

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