+TELL US YOUR IDEA

+TELL US ABOUT YOU

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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 2010, the Rock Church donated 228,000 hours of community service to the City of San Diego.

SERVICES TIMES

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

Children's Services • 8AM • 10AM • 12PM • 5PM // North County 5PM Children's service for infants through 5th grade. Special Needs available at 10 AM and 12 PM.

Junior High • 10 AM • 12 PM • 5 PM // High School • 5 PM & 7 PM

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

Rockpile Bookstore www.rockpilebookstore.com • 619.764.5282

Monday - Friday 10AM - 9PM Saturday 10AM - 6PM Sunday 7:30AM - 9PM

Rock Thrift Store www.rockthriftstore.com • 619.876.4187

Monday - Saturday 9AM - 7PM Sunday 9AM - 6PM Donations Accepted Daily 9AM - 6PM 3191-B & E Sports Arena Blvd.

Rock Academy and Preschool • www.therockacademy.org

The Rock Academy is a WASC-accredited, college preparatory K-12 school. Call 619.764.5200 The preschool is a fully licensed, infant-to-5-year preschool. Call 619.764.5205

Need prayer? Visit www.sdrock.com/prayer

 $\textbf{Twitter:} \ www.twitter.com/therocks and iego \ \textbf{Facebook:} \ www.facebook.com/therocks and iego$

619.226.ROCK • www.therocksandiego.org • www.therocknorthcounty.org

WAYS TO GIVE:









Clean out your closet and bring your gently used clothing to the Launch Pad on Sundays. Visit toys-for-joy.org today for more info on the toys, donations and to volunteer.

SATURDAY DECEMBER 17

Lincoln **High School**

GIFT CARD DONATIONS



Needy Rock Church individuals and families can really use your help! Please donate grocery and gas gift cards the entire month of October. Place cards in an envelope marked Care & Concern Ministry and drop in any offering bag! Thank you!

Starting now have parking reserved for expectant mothers and families with toddlers under the age of three. You'll find it in the Cubic building parking lot, located at the corner of Womble Road and Historic Decatur Road.





OCTOBER 21-23

MORE OF HIM, LESS OF ME PINE VALLEY BIBLE CENTER

CHYLLOVE ROCK IN THE COMMUNITY

"GETTING TO USE YOUR PASSIONS TO BRING OTHERS TO JESUS!" - STUDIO G KIDS

> "BEING AN EXTENTION OF GOD'S LOVE, WITH KINDNESS, COMPASSION AND PRAYER, BEING ABLE TO SERVE THE LORD..."HIS WILL BE DONE." - QUILTING WITH PURPOSE

"I GET TO SEE LIVES TRANSFORMED AND I GET TO STAY SOBER AT THE SAME TIME. - ROCK RECOVERY

> "MINISTRY BECOMES YOUR FAMILY. YOUR COMMUNITY. A PLACE YOU **GROW WITH GOD TOGETHER WITH** PEOPLE WHO SHARE YOUR SAME PASSION." - HIKING MINISTRY

SDROCK.COM/OUTREACH



I married too young... he was also a very broken individual. The marriage was marked by sporadic physical abuse and continuous verbal and emotional abuse. I knew that I needed to leave but to give you an idea of how hard it is to pull away, it still took me 10 years. There's guilt, self-loathing, fear and devastating heartbreak.

After you leave is the most difficult time. You're plagued with self-doubt and the judgment of people who actually think violence is a normal part of marriage. Do we really think so little of ourselves that we confuse love with abuse?

I discovered HEALING Ministries and it changed my life. It has helped me put the trauma into perspective. We ask, why did this individual hurt me? How did I end up here? Why did I allow this to continue? How do I forgive this person and move forward? We also acknowledge that some of our questions may never be fully answered.

Some of our group sessions are marked with joyous laughter, some with uncontrollable weeping. Everyone is there to support each other because each of us knows every step forward comes with shedding some pain of the past. So the hugs are just as plentiful as the tears. It's been humbling to see women come in crying and shaking like a wounded animal to seeing them rebuild her lives, and even help others.

I've met women in this group who I know will be my lifelong friends. Of course God's healing power is at the center of the group. I've come to know God as the Great Restorer and as Abba Father. A big part of what was holding me back from leaving my marriage was fear; fear of my abuser or fear of what others would think.

*I DON'T HAVE THE FEAR ANYMORE.

FOR MORE STORIES VISIT SDROCK.COM/STORIES

E: NEXT STEPS

EVENTS

For Men Only (FMO)

Are you struggling with pornography or sexual impurity? You are not alone. If you're tired of trying to win this battle in your own strength, come check out one of the FMO groups on Tuesdays at 7PM or Wednesdays at 6:30PM. For more information, visit our website at sdrock.com/fmo.

For Women Only (FWO) Support Group

Are you in need of healing from betrayal of a partner's behavior due to adultery or addiction to porn? Come join us on Tuesday & Wednesday nights at 6:30PM where you will find real and practical ways to grow through your heartache. For more info, visit sdrock.com/unleashedhearts or email us confidentially at unleashedhearts@gmail.com.

BOOKS

VISIT THE ROCKPILE



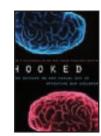
I Don't Want Your Sex for Now



God Attachment



5 Love Languages





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

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