Name		DOB
Address		
City	State	Zip
	Cell	
Email		
@		
Campus: Pt. Loma N. County E. County		
	Female Widow(er) Police	Divorced Firefighter chold member(s):
HOW DID	YOU HEAR A	BOUT US?
Social Media	nily	☐ Web
HOW OFTEN DO YOU ATTEND?		
1st Time	Occasionally	Regularly

The Mission of the 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 - 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 15 services every weekend, with a weekly attendance of over 15,000 people at their three 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 east San Diego county and continues on with God's work to reach every street and every person for Jesus.

FOLLOW MILES ON TWITTER: @MILESMCPHERSON

SERVICE 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 10AM and 12PM.

Junior High // High School • 6PM (Wednesdays)

For other Rock Church campuses, visit sdrock.com.

RockTV: Sundays • 11PM • San Diego 6 // Rock Radio: KPRZ 1210 • M-F 4:30PM // 619.226.ROCK

OTHER RESOURCES

Rockpile Bookstore & Dlush Lounge rockpilebookstore.com • 619.764.5282

Preschool

therockacademy.org • 619.764.5205 Fully licensed, infant-to-5-year preschool.

Impact195

The Rock's School of Discipleship and Evangelism i195.org • 619.764.5249

Rock Thrift Store rockthriftstore.com • 619.876.4187

Rock Church: Job Openings

Take a look at our current job openings at sdrock.com/jobs.

Traducción al Español disponible en el servicio

de las 12 del mediodía. Acuda al mostrador de

información para obtener más detalles.

Rock Academy

Closed captioning at the 10AM

live stream service

therockacademy.org • 619.764.5200 WASC-accredited, college preparatory K-12 school.

Need prayer?

Contact 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

Visit one of the freestanding kiosks in the lobby or sdrock.com/give.



Text a gift in any amount to 59769. Example text: sdrock 25

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

SDROCK.COM/LIVE



2014 MARRIAGE PRESENTS

Of all the things that get our best - our jobs, our kids, our hobbies - marriage usually gets left behind. Join us, along with Dr.'s Les and Leslie Parrott as they teach us how to Bring It everyday, so that our marriage can become what God intended it to be!

SDROCK.COM/GETAWAY2014

TO SUBSCRIBE TO ENEWS, GO TO SDROCK.COM!



WOMEN®S RESTORATION MINISTRY

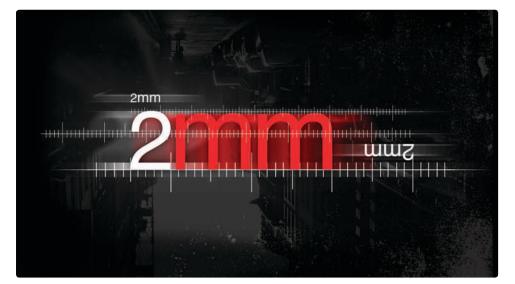
We provide residential homes and programs for women in recovery. If you or someone you know us online at sdrock.com/womensrecovery. We have a place for you. Volunteers welcome! Visit us in the

WOMEN'S DISCIPLESHIP

with a closer walk with the Lord through key Christian disciplines from God's Word, application session begins May 1. Email us at jewels@sdrock.com for more info or visit us in the lobby today!

ULTIMATE FRISBE

>>FOR MORE INFO & OTHER **OUTREACH MINISTRIES,** VISIT **SDROCK.COM/OUTREACH**



PRAYER // 4.23 Sanctuary • 7AM

ROCK YOUTH // 4.23 Point Loma Campus • 6PM

> WOMEN'S STUDY // 4.23 RM 232 • 6:30PM

BY: DAVE FRANCO

They say that depression is the mind's inability to conjure a future. Well if my future was going look anything like my first 16 years, who needed a future?

Life with depression is like solitary confinement. There is complete loneliness, with only the voice of your conscience to break the silence—but it is no friend. "Worthless girl," it says. "You don't deserve your family's love. Spare them the pain of having to be with you. No one needs you here." You can stop the voice with music, sleep, getting out with friends or family. But that quiet won't last for long. Eventually, the voice will become so loud that you won't only hear it, you'll feel it like a weight on your heart, your shoulders, your mind. It's a heaviness that you cannot touch and you cannot relieve—like a grocery bag going from one arm to another, until both arms can't hold it up one more moment.

READ THE ENTIRE STORY AT SDROCK.COM/STORIES

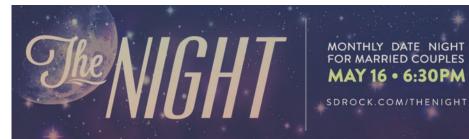


FOR MORE UPCOMING EVENTS, VISIT sdrock.com/events

• merchandise is 25% off (In-stock items

THE LIFE **CLASS**

Become a Rock Church member! Our three-week LIFE Classes start May 4 and focus on loving relationships, impacting ministry, faithful stewardship, and evangelizing the lost. Register online today at sdrock.com/lifeclasses!







BATTLE FOR THE TROOPS 2

Join us on May 3 for an amazing family day! Battle for the Troops 2 is the highly anticipated MMA Ministry. Doors open at 11AM. There will be food trucks, bounce houses, and rock climbing walls. For more information, go to sdrock.com/ battleforthetroops2.

annual Food Drive is back! Help us by bringing in nonperishable food items to the lobby of any Rock Church campus. We're partnering with the San Diego Food Bank and will be accepting donations through the beginning of May. For more info, go to sdrock.com/fooddrive.

CHAPLAINCY TRAINING

Our Basic Chaplaincy Training course is June 4, 6, and 7 and is designed to better equip those who desire to serve our community in the aftermath of disasters and/or critical incidents. All three classes are required for certification. For more info and to register, go to sdrock.com/chaplaincy. Registration ends May 31!

THE KINGDOM HAS COME! CHRIST IS RISEN!