

Stay CONNECTED!

Name DOB

Address

City State Zip

Home Phone Cell

Email

@

Campus: Pt. Loma N. County E. 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

HOW OFTEN DO YOU ATTEND?

1st Time Occasionally Regularly

TO SUBSCRIBE TO ENEWS, GO TO SDROCK.COM!

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.*



*Closed captioning at 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 • 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.

Rock Academy

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
ONLINE**

Visit one of the free-standing kiosks in the lobby or sdrock.com/give.

**TEXT
2 GIVE**

Text a gift in any amount to 59769. Example text: [sdrock 25](http://sdrock.com/give)

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

SDROCK.COM/LIVE

YOU WERE CREATED
to do something great.

2014 MARRIAGE
GETAWAY
PRESENTS

BRING IT!
MAY 30 - JUNE 1

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





OUTREACH

WOMEN'S RESTORATION MINISTRY

We provide residential homes and programs for women in recovery. If you or someone you know wants to be restored, call us at 619.920.9977 or visit us online at sdrock.com/womensrecovery. We have a place for you. Volunteers welcome! Visit us in the lobby today!

EMBRACE | DISABLED VETS

Join us on April 26 at 8:30AM on the flight deck of the USS Midway for a kickboxing and bootcamp workout led by fitness guru Cindy Whitmarsh. Participants help support the work that Embrace does to assist the homeless and disabled veterans. For more info, email us at embrace@sdrock.com or visit us in the lobby today!

WOMEN'S DISCIPLESHIP

Kingdom Jewels is a discipleship ministry that equips women with a closer walk with the Lord through key Christian disciplines from God's Word, application strategies, and one-on-one mentoring. Our next session begins May 1. Email us at jewels@sdrock.com for more info or visit us in the lobby today!

ULTIMATE FRISBEE

The Ultimate Frisbee Ministry is looking for people who want fun and fellowship with fitness. Join us at Liberty Station (corner of Cushing and Roosevelt) on Sundays at 2:30PM to meet new people while getting a good workout. We hope to see you there! Email us at frisbee@sdrock.com for more info.

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



UPCOMING EVENTS

PRAYER // 4.23
Sanctuary • 7AM

ROCK YOUTH // 4.23
Point Loma Campus • 6PM

WOMEN'S STUDY // 4.23
RM 232 • 6:30PM

FOR MORE
UPCOMING EVENTS, VISIT
sdrock.com/events

ROCKPILE BOOKSTORE

• Super Sale! All NOTW apparel and merchandise is 25% off (In-stock items only)! Shop now!

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



MAY 7-10
ROCK CHURCH
GLOBALAWAKENING.COM

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/lifelessons!



MONTHLY DATE NIGHT
FOR MARRIED COUPLES
MAY 16 • 6:30PM
SDROCK.COM/THE NIGHT

HAPPENINGS



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 event benefitting our Military Ministry. Doors open at 11AM. There will be food trucks, bounce houses, and rock climbing walls. For more information, go to sdrock.com/battleforthetroops2.



FOOD DRIVE 2014

The annual Food Drive is back! Help us by bringing in non-perishable 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!

EASTER
AT THE ROCK
THE KINGDOM
HAS COME!
CHRIST IS
RISEN!