



FEATURED  
STORY

This was me before I became obsessed with being skinnier.

This was my "goal weight". Ironic, because it also holds my most painful memories.

Happy trying on dresses because they had to special order my size.

## BEATING BULIMIA

BY STACI SEMPER WITH DAVE FRANCO

After high school graduation, Staci headed off for New York city's famed Parson's School of Design to seek fame and fortune as a wedding dress designer. Attending fashion week, she noticed the models and fashionistas and realized that at 5'9 and as skinny as she was, the fashion industry revolved around the emaciated female body. Every girl was skinnier than the next, where hip bones and rib cages could be seen, but garments flowed beautifully. She resolved that she needed to take drastic action to lose weight.

She experimented with cocaine, counting calories, rejecting all carbs and fats, and drinking nothing but diet shakes throughout the day. But it was when she learned about the weight-loss ease of bingeing and throwing up that she found her answer. Everything took too much thought and effort. Purging seemed perfectly doable.

And so, she perfectly did it—becoming expert at it. She knew just how much food to eat, and how much liquid to drink, and how much time to wait to make the throwing up the easiest....

READ THE FULL STORY AT [SDROCK.COM/STORIES](https://SDROCK.COM/STORIES)  
HAVE A STORY TO SHARE? VISIT [SDROCK.COM/MYSTORY](https://SDROCK.COM/MYSTORY)



### JOB OPPORTUNITIES

## Rock Church is hiring!

Apply now for the following positions:

- Marketing Project Manager
- Chief Technology Officer
- Human Resources Representative

View all openings at [SDROCK.COM/JOBS](https://SDROCK.COM/JOBS)

## Why We Give?

God is the ultimate giver who gave the most precious gift imaginable, His Son, Jesus, to die on the cross for our sins. Our lives are transformed by the gospel of Christ, and the act of giving changes us, making us more like our generous Creator.

### WAYS TO GIVE

VISIT [SDROCK.COM/GIVE](https://SDROCK.COM/GIVE)

TEXT "GIVE" TO 52525

Keep your information up to date.

TEXT "UPDATE" TO 52525



### SENIOR PASTOR, ROCK CHURCH

## Miles McPherson

A former defensive back with the San Diego Chargers, Miles 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.

Follow Miles on social media

📷 @MILESMCPHERSON

f /PASTOR.MILES.MCPHERSON

### LOCATIONS

Point Loma  
San Ysidro  
San Marcos  
City Heights  
East County  
Online  
Microsites

### STAY CONNECTED

f /therocksandiego

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📷 @therocksandiego

📺 /therocksandiego



**MISSION**  
Save, Equip, Send

**VISION**  
Establish global pervasive hope



DO  
SOME-  
THING  
CHURCH



### SERVICES

8am, 10am, 12pm, 6pm

EXPERIENCE ROCK CHURCH ONLINE

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



CURRENT SERIES

# THE PURSUIT

CHASING THE HEART OF GOD

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

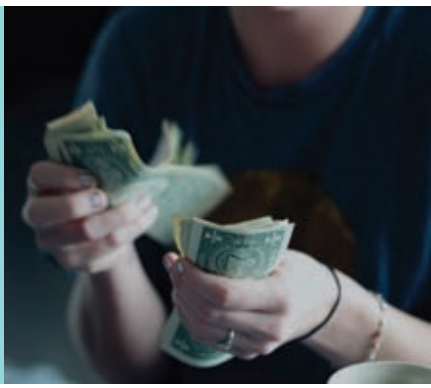
MINISTRY HIGHLIGHT

## FINANCIAL PEACE UNIVERSITY

PRESENTED BY ROCK FINANCIAL LIFE & DAVE RAMSEY

It's not too late to sign up! If you want to get out of debt, build wealth, and leave money stress behind, sign up for our upcoming classes, available at various campuses and online.

SIGN UP AT [SDROCK.COM/FPU](http://SDROCK.COM/FPU)



WE WANT TO CONNECT WITH YOU

### New Here?

We are so excited to have you here! To receive a special message with your next steps, TEXT "CONNECT" TO 52525

FIND YOUR PURPOSE AND PLACE

### LIFE Class

Get plugged into your Rock Church family! Experience our unique discipleship pathway. For more information and/or to register, TEXT "LIFE" TO 52525



VARIOUS LOCATIONS

### Lead an rGroup!

Leading an rGroup isn't about being perfect; it's about serving others by giving them a place to connect. We will provide you with everything to make your rGroup successful.

TEXT "RGROUPSLEAD" TO 52525 TO GET STARTED

**Become a Do-Something Disciple**

A Discipleship Group (dGroup) is a closed group of 3-5 believers who meet together weekly for the purpose of accelerated spiritual transformation through discipleship and accountability. Download the study guide, reading questions, and dGroup journal. Enjoy the journey!

**TO START A DGROUP, TEXT "DISCIPLE" TO 52525**



APRIL 19-21 | ALL CAMPUSES

### Easter at Rock Church

Bring your family to Easter at Rock Church for an incredible weekend filled with the presence of God. On Saturday and Sunday (4/20-4/21) experience a special demonstration by Kseniya Simonova, world-renowned sand artist and finalist from America's Got Talent.



MAY 16-18 | EAST COUNTY

### Do Something Church Conference

**\$39**  
for the entire weekend!

Learn how to grow your own outreach ministry so you can:

- Increase your kingdom impact
- Be empowered to minister to any and every need in your community
- Partner with city leaders to serve the community in which you live, work, and play.

TEXT "ROCK" TO 52525 TO REGISTER TODAY WITH THE ROCK FAMILY DISCOUNT.

### GLOBAL EVENTS CALENDAR

Classes begin this month  
**Financial Peace University**  
All Campuses | [sdrock.com/fpu](http://sdrock.com/fpu)

**April 12**  
**Rock Academy Preview Day**  
6:30pm | Point Loma  
[rockacademy.org](http://rockacademy.org)

**April 19-21**  
**Easter Services**  
All Campuses  
Friday, 7pm  
Saturday, 4pm  
Sunday, 8am, 10am, 12pm, 6pm

**April 28**  
**Baptism**  
After 12pm Service  
All Campuses

**May 16-18**  
**Do Something Church Conference**  
East County  
[dosomethingchurch.org](http://dosomethingchurch.org)

For more events and info, visit [sdrock.com/events](http://sdrock.com/events)



SUMMER MISSION TRIPS

### Global Outreach

Have you wanted to impact different parts of the globe? Join one of the Rock teams traveling to serve around the world.

<b>HAITI</b> May 20-27	<b>COSTA RICA</b> July 1-12	<b>SOUTH AFRICA</b> July 24-August 7
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<b>UGANDA</b> June 12-26	<b>OAXACA</b> July 22-30	<b>TIJUANA DAY TRIPS</b> Twice a Month
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TEXT "GO" TO 52525 FOR MORE INFO AND TO SIGN UP

IF YOU ACCEPTED JESUS TODAY, TEXT "SAVED" TO 52525  
SHARE THE GOSPEL MESSAGE WITH A FRIEND BY TEXTING "SHARE" TO 52525