



"I came that they may have life and have it abundantly." John 10:10

connect

Care Groups

Care Ministry Women's Book Study - When God Doesn't Fix It (steadfastlove@riveroakchurch.org)

Jennifer Stimpson / Wednesdays 6pm / 201D / Childcare provided

Have you ever prayed for healing, restoration, reconciliation, or a miracle—and nothing changed? This book study offers hope for anyone struggling with unanswered prayer, disappointment, suffering, or circumstances they cannot change.

DivorceCare (divorcecare@riveroakchurch.org)

Keith and Denise Robinson with Pam Shirley / Tuesdays 6pm / 121D
/ Childcare provided

DivorceCare is a safe place where caring people come alongside you to find true healing from the pain of separation or divorce. This is a 13-week, biblically based video group program with a focus on better understanding the emotional turmoil and hurt from a divorce and a helpful step in the healing process. \$10 workbook.

Financial Peace University (fpu@riveroakchurch.org)

Dave and Renee Williams / Wednesdays 6pm / 203B / Childcare provided

The goal of Financial Peace University (FPU) is to help individuals and families manage money in a way that aligns with Christian values and God's Word. The FPU Care Group emphasizes practical steps for eliminating debt, budgeting effectively, saving for the future, and living generously, all within a framework of biblical wisdom and perspective. Materials/Workbook \$99. Class closes after week two.

GriefShare (griefshare@riveroakchurch.org)

Janet Vanderford and Susan Klawitter / Wednesdays 6pm-7:30pm /
206D

GriefShare is a 13-week Care Group, offering support and resources for those experiencing grief. Videos, workbook exercises, and group discussions offer Biblically based and helpful ways of coping. Workbook \$20.

Hope Wanted: Navigate Your Job Search With Confidence

[\(createdforgoodworks@riveroakchurch.org\)](mailto:createdforgoodworks@riveroakchurch.org)

Belinda Elliott / One Day Workshop / October 24, 2026 9am-12pm / 111D / Childcare provided

A faith-based workshop offering practical guidance for résumés, networking, interviews, and more. Build your skills. Renew your confidence. Move forward with hope.

Military Wives (militarywives@riveroakchurch.org)

Wendy Harkins and Jaymie Pollard / Wednesdays 9:30am / 111D / Childcare provided

Military Wives is a Care Group that exists to connect women navigating military life by fostering authentic fellowship, mentoring relationships, and spiritual growth. The goal is to see women equipped with Biblical tools and encouragement for every season—whether in active duty, transition, or retirement—through accessible gatherings, Biblically grounded curriculum, and intentional support.

Moms of Littles (mol@riveroakchurch.org)

Summer Michaelson and Ashley Sweigart / Thursday Biweekly 9:30am / 111D / Childcare provided

The mission of the Moms of Littles Care Group is to equip and encourage mothers of young children to grow in their relationship with Christ and embrace their calling as parents through biblical truth, authentic community, and practical support—empowering them to raise the next generation with faith, grace, and intentionality. This care group is for pregnant moms and those with children from infant through preschool age.

ROC Homeschool Fellowship & Field Trips

[\(rochomeschool@riveroakchurch.org\)](mailto:rochomeschool@riveroakchurch.org)

Jeni Roberson / Monthly meetings / 9:30am / 111D front / Childcare provided

This Care Group is for homeschool moms to gather for Bible study and fellowship. The Student Ministry provides intentional ministry time for middle and high school students. Reach out for more information about specific dates for fellowship and field trip monthly meetings.

Single & Parenting (singleparenting@riveroakchurch.org)

Victoria Overton / Sundays 11am / 206D

This Care Group seeks to offer help and hope for single parents who are many times tired, overwhelmed, and feeling a bit under appreciated. Using a curriculum developed by the creators of GriefShare and DivorceCare, this group offers practical parenting wisdom that will help you find rest, hope, and encouragement.

Step by Step Blended Family Care Group – In Their Shoes: Helping Parents Better Understand and Connect with Children of Divorce

(stepbystep@riveroakchurch.org)

Chuck and Jill Morrison / Wednesdays 6pm / 204B & 205B

This Care Group seeks to offer help and hope for parents to help better understand and connect with children of divorce. While every stepparent/stepchild relationship is unique, there are many common themes that children experience as they adapt to their changing family.

Steadfast Love Ministry - prodigals and estranged

(steadfastlove@riveroakchurch.org)

Kelly Brown and Jennifer Stimpson / 2nd Monday of each month,
6:30-8pm / 210D

"Strength for Today, Hope for Tomorrow"

Being estranged from a loved one or watching someone close to us choose to walk away from God can bring about so many emotions of grief, pain, and even shame and guilt. This group is here to offer support, encouragement and prayer, along with a few tools to help those of us walking this journey so that you can let go of the guilt and shame and instead cling to the hope God provides. Join us as we learn how to trust God through these hard seasons and entrust our loved ones into His hands. His Steadfast Love never ceases & His hope never ends. Don't sit in your grief alone, let us come alongside you and offer some support. You can move forward and find joy in the midst of the pain.

Young Men's Bible Study - Partnering with ROC Stars Ministry

(care@riveroakchurch.org)

Nick Sonin / Thursdays 7pm / 219C

Join us in a community that celebrates unique differences and purpose. This group equips young men with varied abilities and complex needs to grow in their faith, fellowship with other believers, and become who God has created them to be.

Marriage Ministry

LAUNCHING

Pre-marital Counseling

Provided by Request

Couples will meet for three to six sessions to develop an understanding of Biblical marriage and keys for success.

Preparing to Blend

Rob and April Dempewolf (stepbystep@riveroakchurch.org) /

Provided by Request

Individualized meeting to bring God's truth, perspective and practical help with parenting, finances, establishing family identity, & daily routines to prepare for your newly blended families.

Step by Step Blended Family Ministry

Rob and April Dempewolf (stepbystep@riveroakchurch.org)

Step by Step is specifically for already blended families or families that are preparing to blend. This ministry exists to provide practical guidance, intentional care, and authentic community to families as they experience the joy of blending.

ENRICHING

Marriage Mentor Training Ministry (marriagementors@riveroakchurch.org)

Toby and Sylvia Chipman / Spring 2027

The purpose for the Marriage Mentor Training Ministry is to lovingly invest in the preparation, maximization, and restoration of lifelong marriages by walking alongside couples who are less experienced than their mentors. This 12-week curriculum will equip couples that have been married 10+ years to learn how to help other couples and impact generations to come. Reach out for more information.

Re|Engage (reengage@riveroakchurch.org)

Darryl and LaGaye MacDowall with Jeremiah and Alex Winship /
Wednesdays 6pm / 121D / Childcare provided

Re|Engage is a 12 week Christ-centered marriage focused discipleship group designed to help couples reconnect, restore broken relationships, and enrich marriages in the church.

FOCUSED EVENTS

Blended and Blessed Conference

Rob and April Dempewolf / Spring 2027

A one-day live event / livestream for stepfamily couples, dating couples with kids, and those who care about blended families. Strategies that are crucial to building unity in your stepfamily will challenge, inspire, and encourage you. Registration required.

Weekend to Remember

Colonial Williamsburg Lodge, Williamsburg, VA

Friday, November 20, 2026 – Sunday, November 22, 2026

Registration required: \$175 per person | \$350 per couple
(scholarships available by request)

No marriage is static. Each day, each choice — you're either moving closer together, toward oneness ... or drifting farther apart. At the intersection of a faith-based marriage conference and romantic retreat from everyday life, Weekend to Remember helps couples do just that — choose oneness. Whether you're sending up an SOS for marital rescue or looking to foster an already flourishing connection, Weekend to Remember is your best next step toward being, and staying, one.

assist

C o m p a s s i o n M i n i s t r y

Care Givers Connection (cgc@riveroakchurch.org)

Care Ministry Team / Monthly meetings

Gathering for care givers to be encouraged with scripture, prayed for, and to enjoy fellowship and support from other care-givers. This group is supported by the other Compassion Ministries.

Hospital and Home Visits (visits@riveroakchurch.org)

Hospital and Home Visiting Team / Provided by request

Visiting those who are hospitalized or at home in need of prayer and encouragement. This group is supported by the other Compassion Ministries.

Serving Spoons (servingspoons@riveroakchurch.org)

Dawn Stevenson / Provided by request

Serving Spoons exists to help and encourage our church family by providing meals and groceries to those facing difficult circumstances. This group is supported by the other Compassion Ministries.

TLC - Threads of Love & Care (tlc@riveroakchurch.org)

Lynn Kennedy / 1st Tuesday afternoons and 3rd Tuesday evenings each month / 203B

TLC exists to physically show Gods love and comfort to someone in a very special way by hand making prayer shawls. TLC is also a way to draw those who participate into a deeper relationship with God.

Vessels of Hope - Cancer Ministry (voh@riveroakchurch.org)

Colleen Magness / 1st Thursday of the month 6:00pm / 214A / Childcare provided

Vessels of Hope is a ministry focused on families impacted by cancer. This compassion ministry provides hand-knotted prayer blankets, encouraging cards, and financial assistance to help with practical needs related to treatment and hospital visits.

Prayer Ministry

Pray for Me - weekly, focused Zoom prayer
(prayforme@riveroakchurch.org)

Care Ministry Team / Meeting via Zoom

Everyone is invited to this online zoom prayer time each week focusing on a specific need. A word of encouragement from God's Word and prayer will fill this 30 min mid-day recharge. Various pastors and leaders will lead our time each week.

Prayer Team (pray@riveroakchurch.org)

Care Ministry Team

The Prayer Team is individuals that pray collectively and individually to offer support and prayer for specific needs of and communicated to the church. They meet in-person twice a year and are continually part of an ongoing prayer email group.

Pray for Today (prayfortoday@riveroakchurch.org)

Skip and Kelly Miller / Sundays 7:30am / Lobby D

Each Sunday, this group gathers to give focused prayer time to the services of the day, the pastor who is preaching the Gospel, and the staff and volunteers who serve and the people who attend. Every part of our Sunday gathering is from God and for God and we wait with anticipation for all that He will do as we pray for today!

restore

Reboot - Military (rebootm@riveroakchurch.org)

One on one, by request or referral

There is hope after trauma. Military Reboot is a 12-week, faith-based, course that helps veterans, active-duty military, and their families heal from service-related trauma. Reboot approaches trauma from a different angle. If your mind and body can be wounded, your soul can be wounded and healing can be found in Christ.

Re:Generation (regen@riveroakchurch.org)

Paul and Liz Andersen / Thursdays 6:30pm / Year round / Worship Center / Childcare Provided

Re:Generation is a twelve step biblically based discipleship recovery program offering hope, helping, recovery and freedom from any type of struggle where anyone can experience new life in Christ by working through biblical principles together in authentic community.

Equipping Ministry

Instruments in the Redeemer's Hands (care@riveroakchurch.org)

LaGaye MacDowall / Wednesday 9:30am / 121D / Childcare Provided

People in need of change helping people in need of change. Through the ministry of every part of the body, the whole church will mature in Christ. This book study by Paul David Tripp helps us discover where change is needed in our own lives and the lives of others that is only found in Jesus Christ. Following His example, it is powerful and transformative to learn how to know people, and how to lovingly speak truth.

Real Life Discipleship Training (care@riveroakchurch.org)

Care Ministry Team

Small group with a focus on equipping individuals to become active, captivated and changed followers of Jesus, emphasizing the practical application of faith and intentional disciple-making within the church and community through the lens of a helping ministry.

The Church Cares Ministry (thechurchcares@riveroakchurch.org)

The Church Cares equips everyday believers to offer real care, right now by equipping lay leaders. These lay leaders are being trained to walk with and mentor those in distress. The Church caring for the Church. The mission of The Church Cares is to equip and empower our church to provide compassionate, Christ centered care through trained lay leaders—The Church Cares values and believes that the heart of Christ is reflected through humble compassionate presence. Everyone can care and every follower of Jesus can be equipped to provide meaningful support when someone is hurting. Partnership and working together across roles, disciplines, and gifts is part of transformation as people are seen, known, and supported. We're not meant to carry our burdens alone, and healing happens in community, through presence, prayer, and the love of Christ shared person to person.

(thechurchcares.com)

The Gifted Helper Training (thechurchcares@riveroakchurch.org)

Rachel Filippone and Sylvia Chipman / Fall 2026

Partnering with The Church Cares team, River Oak Church is excited to provide this valuable training opportunity for you. Our prayer is that by the completion of our time together, you'll feel more equipped to provide compassionate, Christ-centered care to others who are hurting. The Gifted Helper Training is a six-week class designed to help you and the members of your groups learn how to love each other well. This trauma-informed, biblical content is ideal for anyone who has a heart to care for others who are struggling.

The Gifted Helper Training : One Day Workshop

[\(thechurchcares@riveroakchurch.org\)](mailto:thechurchcares@riveroakchurch.org)

Dolly Mink / Saturday September 26, 2026

Partnering with The Church Cares team, River Oak Church is excited to provide this valuable training opportunity for you. Our prayer is that by the completion of our time together, you'll feel more equipped to provide compassionate, Christ-centered care to others who are hurting. This Gifted Helper Training is a one day workshop that is designed to help you and the members of your groups learn how to love each other well. This trauma-informed, biblical content is ideal for anyone who has a heart to care for others who are struggling.

Facebook and Instagram Care Ministry Pages

[\(care@riveroakchurch.org\)](mailto:care@riveroakchurch.org)

Care Ministry Team

The purpose of the Care Ministry FB and Instagram community is to create a space for information, motivation, inspiration and place of help, rooted in scripture and the Gospel of Jesus Christ, to provide truth, care and resources for those seeking support and encouragement.

Resource List [\(care@riveroakchurch.org\)](mailto:care@riveroakchurch.org)

Care Ministry Team

Resources, vetted by the River Oak staff and the Care Ministry team, that include books, articles, podcasts, music, specific scripture and learning opportunities that will speak truth and encourage as we seek to know more and be transformed in light of the good news of the life-changing Gospel of Jesus Christ.