



WOC Small Group List

Interested in a small group?

Contact us at **(615) 896-4515** or email us at **smallgroups@wochurch.org**.

Many of the groups in this list have changed time and location over the past year due to COVID restrictions.

Support/Recovery Groups Offer extra attention to the needs of people with special circumstances for those seasons of life that can be difficult to manage alone. Accountability, encouragement, support, prayer and education helps to return order and bring healing to the individual.

This category includes:

Divorce Care – Thursday 6pm - Alice Bailey – arbailey555@yahoo.com

13 session DVD driven group provides for small group experience providing healing in men and women's lives after a divorce. This group is continual. Open Group.

Grief Share – Thursday 630pm– Carolyn Benson – carolyn.benson@me.com

13 session DVD driven group for anyone who has lost a loved one and needs a place to experience God's healing. This group is continual. Open Group.

Widow's Support Fellowship Group – Once a month – Contact 404-317-2885 Linda West

We intentionally direct ministry to support a widow as she attempts to leave the tunnel of grief to become a recreated person of God. Our fun, friendship, and fellowship activities attempt to offer support mentally, emotionally, spiritually, and socially.

Celebrate Recovery – Tuesday – Tim & Patti Gray @ 6:45pm – timgray915@yahoo.com

This recovery program helps men and women resolve painful problems and destructive addictions. The group meets every Tuesday at 6:45pm. Contact the church office for more information.

Parents of Addicted Loved Ones, PAL Group – Donna Whitaker dwhitaker115@gmail.com

This is a support group for parents of loved ones who struggle with addiction that includes education and encouraging support.

Affinity Groups Share a common interest in one or more areas such as gender, interest, activities, or life stages. They share the same mutual care of all our small groups while they also experience a common activity or interest. This category would include:

Military & Veterans Group – Thursday 7pm – Ray & Judy Coss – raycoss22@outlook.com

This group will provide support, care and fellowship for active or inactive members of the armed forces and veterans along with their spouses.

Morning Prayer Group – Monday – Thursday – 9am to 11am in 3 Crosses Sanctuary.

Group meets in 3 Crosses Sanctuary to pray for the church, community, government, Israel, and healing. You are welcome to come and participate.

Law Enforcement Professionals – Sunday 3p – Tom Sissom

This group is comprised of law enforcement professionals & retired law enforcement professionals whose focus is on helping others dealing with the job and all that it includes. The focus is on dealing with issues in a Christian manner and the influence we can have on each other, non-Christian law enforcement and ultimately the community both on the job and in our personal lives. Our goal is to help be a light in what can be a dark situation.

WOC Wellness Warriors – Monday 6pm– Melissa Waters – blcwaters@bellsouth.net

We take a bible based approach to discuss topics on how right eating and right physical activity are the key to becoming all we can be spiritually, physically, mentally, and emotionally. Our body is our earth suit and the only one we get this side of eternity; we can learn to take better care of it.

WOC Running Group – Saturday @ 7am – Email kara_greer@yahoo.com

Every Saturday morning on the Murfreesboro greenway (1100 Cason Trail) for prayer and a few miles. We pray and run outside only, and have Bible study at Panera outside except when the weather is just too unbearable. It's a great way to grow closer to Christ with other Christians and a great way to take care of the temple God gave us while enjoying the beautiful outdoors. We have been meeting for about 14 years.

Christians & Chrome Motorcycle Group – 1st Saturday of each month

Meets the first Saturday of each month. We follow the 50/50 rule. If the temperature is 50 or below or there is a 50% change of rain the group doesn't ride. Please email Otis@bishopplacement.com or call his cell [615-417-6847](tel:615-417-6847) for more information.

First Responders – Thursday 7pm – Glen Busch – glenbusch@yahoo.com

This group is a home group for all First Responders active or inactive. They take on the issues of dealing with crisis as a believer.

Monday Small Groups

WOC Wellness Warriors – Monday 6pm– Melissa Waters – blcwaters@bellsouth.net

We take a bible based approach to discuss topics on how right eating and right physical activity are the key to becoming all we can be spiritually, physically, mentally, and emotionally. Our body is our earth suit and the only one we get this side of eternity; we can learn to take better care of it.

**WOMEN'S PRAYER GROUP – Monday @ 5:30pm. Bobbie Dillman & Cheri Welch
bobbiedillman@hotmail.com**

Women gathering to pray for their adult children and grandchildren.

Tuesday Small Groups

Parents of Addicted Loved Ones, PAL Group 630pm – Donna Whitaker – dwhitaker115@gmail.com

This group provides hope through education & support for parents of addicted loved ones.

Quilters Group — Cheryl Call – chercall@me.com

We love to work on our Quilts and pray for those in need. Our quilts are donated to others and sent to Guatemala.

Young Men's Small Group 7pm – For those in their 20's – Shane Johnson

Cultivating young men to be who God created them to be. Being authentic in their relationship with God, family and work.

Young Professionals Group 7pm — Lindsay Brown & Lauren Keller – lkeller1030@gmail.com

A group of young professionals seeking fellowship and growth in our relationship with the Lord.

Wednesday Small Groups

Wednesday Women's Groups

Keninitz Women's Group – @ 10am – kmkeninitz@comcast.net

We are a multi-generational women's group committed to doing life together in all aspects, seeking to deepen our relationships with Jesus and each other through topical and biblical study's that are rooted in God's work and truth.

Mostly Moms – Christa Lanier – christajoy22@yahoo.com

Mostly Moms is a large group made up of several smaller groups. We welcome ladies to join us as we continuously learn what the Bible teaches, and pray for one another, while walking through life with women in similar life stages.

- Meadows/Heather, Cobb/Sara & Greer/Ashley Tuesday 930am heatheram79@gmail.com
- Gregory/Toni Wednesday 10am toniblake01@yahoo.com
- Hauskins/Shelley & Maas/Liesl Wednesday liesl@malcolmhedding.com
- Lanier/Christa & Colley/Christina Wednesday 10am christajoy22@yahoo.com
- Neel/Katie & Smith/Katelyn Thursday 7p katieneel@clearwatermanchester.com

Women's Bible Study — Ria Heffner – mheff60@yahoo.com

This group is a multi-generational group of women seeking to grow deeper in their relationship with God through the Bible, various authors' books and DVD studies.

- Blanc/Mandy & Noblin/Tammy Tuesday 10am mandyblanc23@gmail.com
- Ballanger/Dorothy Wednesday 10am dfballanger@gmail.com
- Barnes/Sarah Wednesday 10am sgbarnes0418@gmail.com
- Dillman/Bobbie Wednesday 10am bobbiedillman@hotmail.com
- Greene/Phyllis Wednesday 10am phyllisgreene@hotmail.com
- Holder/Donna Wednesday 10am donna.holder49@yahoo.com
- Twitty/Vicki Wednesday vicki0123@att.net
- Welch/Cheri Wednesday 10am cheriruthwelch@gmail.com

Women's Bible Study 9am— Amanda Seipel – abseipel13@gmail.com

We are a group of women committed to spiritual growth in one another, maturity in the word, and unwavering faith, bearing fruit so that we can be effective in our spheres of influence.

Wednesday Married Couple's Groups

Jones/Steve & Tiffany – jones8974@bellsouth.net

Married couples in any life stage who are looking to strengthen their marriage.

Shockey/Sean & Kelly – sean.shockey@dell.com

Couples that dig deep as married couples into the Bible that explores various studies that apply to everyday life from parenting, marriage, your spiritual walk and most importantly doing "life" together. Doing life together while honoring the Lord is at the heart of our community.

Renfrow/Jason & Bethany – brenfrow77@gmail.com

Married couples in their 30's and 40's are welcome in this group.

Mackie, Mark & Marla – marlamackie@comcast.net

Couples growing together in Faith.

Dizney/Ben & Kirsten Young Couples Group – bendizney@hotmail.com

Married couples in their 20's and 40's growing in our relationship with the Lord through the study of his word while building relationships with one another through fellowship, prayer and service.

Castle/Brandon & Lindsey Young Couples Group 8pm – lnbcastle@gmail.com

This group is for engaged or married couples in their 20's creating community through the love of Christ.

Wednesday Married and Singles

Streichert/Karl & Kathy - k_streichert@hotmail.com

Married couples and singles in any life stage are welcome in this group.

Woods/David & Shimkus/Eric – dnwoods@comcast.net

Married couples and singles in any life stage are welcome in this group.

Fye/Mark 6pm– myjesussaves@comcast.net

Men and women seeking Jesus open and honest.

Thursday Small Groups

Bradley/Melissa & Gilliland/Jami Women's Group 7pm – jlgilliland0313@gmail.com

Women's group average age 35 to 55. This group focuses on studies that address the needs, obstacles and desires of women today.

Chrisman/Chad & Annie & Perkins/Drew & Heather Couple's Group 7pm – achrismanrn@aol.com

Couple's group average age 30-40 are welcome in this group.

Bradley/Ross Men's Group 7pm– rbradley@tdkconstruction.com

Men's group 35 to 55-year-old. This group is focused on reading through books of the Bible to seek God's truth in an applicable way that will transform our lives.

Hawkins/Dwayne & Melissa 630pm – dwayne.hawkins@jacobs.com

A mixed group of married and singles, seasoned and new Christ followers growing together.

Gardner/Mitzi 7pm – mitzigardner@gmail.com

Men and Women who are focused on Spiritual growth.

Hafner/Ruth – (Call the office 615-896-4515 for schedule)

This small group has been a place of encouragement and acceptance that has allowed people new in their faith (and even those searching to believe) to learn and grow together as a church family.

Pimentel/Roger & Diane 6pm – dpimentel3839@gmail.com

Married couples and singles committed in prayer for each other, standing shoulder to shoulder doing life together, trusting the Lord to grow us and stretch us to be more like him every day.

Holbrook/Cles & Davina 630pm – clesholbrook@gmail.com

Married couples and singles in any life stage are welcome in this group.

Plageman/Alison Women's Group 7pm – aliplageman@gmail.com

Women's group for any life stage are welcome in this group.

Hall/Ogle 630pm – hall2300@bellsouth.net

A group of seniors who are striving through the study of God's word to a continual development of spiritual awareness and the ability to administer the love of Jesus to their families, friends, and associates. Christian examples, and advocates for eternal values.

Smith/Waudene & Buchanan/Jeanie – ybuchanan1127@gmail.com

A women's group for married or singles who are focused on Spiritual growth.

Lasalandra/Pete Men's Group 7pm – middletn1@gmail.com

Christian worldview and apologetic group that helps us learn how our faith is connected to all parts of life and to defend our faith in our culture.

Clement/Barry Men's Group 645pm – krazycajuns@hotmail.com

We are growing God strong men through study's and prayer. Come and enjoy the journey.

Military Group – Ray and Judy Coss, Jesus & Christina Merino 7pm – raycoss22@outlook.com

This group will provide support, care and fellowship for those who are currently serving or have served in the armed forces. Veterans, family members, and loved ones are all invited.

Harris/Mike & Monica Single's 40 to 55 years old 630pm – mdh815214@gmail.com

We are more than conquerors through Christ who loved us!

Friday Small Group

Morning Prayer Group – 7:00am in the courtyard

This group meets in to pray for individuals, the church, community, government, Israel, and our military. You are welcome to come and participate.

Saturday Small Groups

WOC Running Group – Saturday @ 7am – Email kara_greer@yahoo.com

Every Saturday morning on the Murfreesboro greenway for prayer and a few miles. We then grab coffee and I lead a Bible study or we have fellowship. It's a great way to grow closer to Christ with other Christians and a great way to take care of the temple God gave us while enjoying the beautiful outdoors. We have been meeting for about 14 years.

Spanish Speaking Small Group 10am – Pablo & Janet Salvatierra 10am

Spanish prayer and Bible study/ Estudio Bíblico en español. Contact Janet at janetypablo@hotmail.com for directions.

Christians & Chrome Motorcycle Group – 1st Saturday of each month

Meets the first Saturday of each month. We follow the 50/50 rule. If the temperature is 50 or below or there is a 50% change of rain the group doesn't ride. Please email Otis@bishopplacement.com or call his cell [615-417-6847](tel:615-417-6847) for more information.

Monday Home Growth Groups

Moon/Jean & Costa/Jody – 3pm River Downs Subdivision

Email mamajean528@yahoo.com for location and details. Women's group in any faith stage wanting to grow in their faith.

John & Tracy Turner 6pm – Smyrna

Email johnturnerrealtor@gmail.com for location and details.

A diverse group of men and women who meet for an in-depth Bible study, with a focus toward seeking God and honoring Him in our daily lives.

Newman/Steve & Linzett 630pm – linzettnewman@gmail.com

We are a group of people (variety of ages & religious backgrounds) sharing life and Christ together through God's word.

Hawes/Glenn & Sheri 6pm – halz6@comcast.net

Age's 20's to 80's men and women growing together in God and sharing faith based experience.

Tuesday Home Growth Groups

Robert & Tracey Witherspoon 630pm – Tullahoma

Email spoonmail@msn.com for location and details. We meet from 6:30 to 8:00 pm as we seek to learn from and encourage one another.

Don & Shelly Day 6pm – Call [615-890-3992](tel:615-890-3992) for location – Cason Lane area -

Our group offers a safe place to connect with other believers in fellowship; to grow in our understanding of the Bible, to meet the needs of others in our group in ministry; and to become equipped to worship and obey God through practicing godly behavior.

Brenda Kocher 9am– Lebanon

Email brenda@kocherfamily.com for location and details. Women from Wilson County who are eager to grow in the Lord, bond together, and become accountable to one another.

Bruce & Christie Shaw 6pm – Franklin County

Email brucewayneshaw@yahoo.com for location and details. We meet together in Franklin County to learn and grow and be transformed into the likeness of Christ for the sake of His kingdom.

Mike & Lisa Morris 7pm – Franklin

Email lisamorris@me.com for location and details. We meet together to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

Vance & Linda Roe – Murfreesboro – 37128 zip code

Email vanceroe1@gmail.com for location and details. We meet together to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

Dominic & Megan Rinaldi 630pm – Murfreesboro – 37129 zip code

Email drinaldi@vmware.com for location and details. We meet together to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

Synnott/Lee & Donna 7pm – leesynnott@comcast.net

A lively and spiritually mature fellowship of singles and couples, who share praises and prayers as they dive deeper into the weekend's message.

Shimkus/Tucci Women's Group 630pm – shimkus.alisa@gmail.com

Women in their 30's, 40's, & 50's who love to get together and study the word for purpose of transformation.

Wednesday Home Growth Groups

Sean & Rebekah Koutny – Mt. Juliet 7pm – **This group is not taking new members at this time.**

Email bekah6423@yahoo.com for location and details. Married and singles in any life stage who seek spiritual growth, love to laugh, and desire to build meaningful Christ centered relationships.

Bryant & Onita Porter – Spring Hill/Columbia 6pm

Email bandoport@gmail.com for location and details. We meet together to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

Thursday Home Growth Groups

Molly Dillingham – Franklin 630pm **This group is not taking new members at this time.**

Email molly@dillinghamcpa for location and details. We are a home group who gathers together for fellowship around the word of God as we learn to trust Him with life issues.

Bryce Dillon – Murfreesboro 7pm

Email dillo2bm@gmail.com for location and details. Cultivating young men to be who God created them to be. Being authentic in their relationship with God, family and work.

Mike & Estell Blalock – Shelbyville 630pm

Email 5m6s7b@gmail.com for location and details. We meet together to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

Kerry & Sharon Connell – College Grove 530pm

Email ksc69@united.com for location and details. We meet together to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

Don & Michelle Sauls – Mt. Juliet/Hermitage 630pm

Email mlb.sauls67@gmail.com for location and details. We meet together to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

Charlie & Pam Mickles – Smyrna 7pm

Email charliemickles@bellsouth.net for location and details. We are a home group who gathers together for fellowship around the word of God as we learn to trust Him with life issues.

Jim & Angie Noe – Murfreesboro 37127 or 37130 zip code

Email fencerjim@yahoo.com for location and details. We are a home group who gathers together for fellowship around the word of God as we learn to trust Him with life issues.

Shaun & Christi Crowell – Columbia 630pm

Email ccxowner@gmail.com for location and details. We are a home group who gathers together for fellowship around the word of God as we learn to trust Him with life issues.

Tim & Jennie Lovvorn – Bell Buckle 630pm

Email jblovv@charter.net for location and details. We are a home group who gathers together for fellowship around the word of God as we learn to trust Him with life issues.

Sunday Home Growth Groups

Jeff & Kim Crowell – Spring Hill 5pm

Email kcrowell3n1@gmail.com for location and details. We are a home group who gathers together for fellowship around the word of God as we learn to trust Him with life issues.

Spanish Speaking Small Group – Pablo & Janet Salvatierra

Spanish prayer and Bible study/ Estudio Bíblico en español. Contact Janet at janetypablo@hotmail.com for directions.

Amy Trotto – Old Hickory and surrounding area 3pm

Email aj.trotto@gmail.com for location and details. We are a group who gathers together for fellowship around the word of God as we learn to trust Him with life issues.

If you are interested in experiencing a small group fellowship and study and can't get to a week night group you might try one of these weekend groups. These groups are mixed in age and life stage so everyone is welcome.

Sunday Campus Weekend Groups

Molly Dillingham – 8:30 am

Email molly@dillingham.com for location and details. We are a Sunday morning group who gathers to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

Cles & Davina Holbrook – 11 am

Email desholbrook@gmail.com for location and details. We are a Sunday morning group who gathers to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

Julie Matlock – 11 am

Email julimatlock320@gmail.com for location and details. We are a women's group who gathers to learn, grow, and be transformed into the likeness of Christ and build relationships with one another.

