



Virtual RLRJ

On Zoom

March 7, 2026



SATURDAY	
3:00-3:20pm ET	Introductions/Welcome by Region Reps
3:20-4:10pm ET	Dr. Trent Cox <i>You are the Project</i>
4:15-5:05pm ET	Dr. Bo Brock <i>The Effects of Trust on Our Careers*</i>
5:05pm-5:30pm ET	Short Break/Fellowship
5:30-6:20pm ET	Dr. Lauren Charles <i>Balancing Life: Faith, Family, Work, and the Kitchen Sink*</i>
6:20-6:50pm ET	Shane Rootes <i>Holding on to Nothing, Until it Becomes Something</i>
6:50-7:00pm ET	Closing

* sessions have been approved for 1 hour of CE by RACE.

“You are the Project” - Dr. Trent Cox

Trent will share about his journey together with his wife and colleague, Tabitha, chasing after success and significance, believing that their accomplishments would define them. Yet, through years of unexpected challenges and service in the remotest parts of Ethiopia, they discovered a deeper truth: it was not about what they could achieve, but about who they were becoming. In the end, they realized that they were the project—God was shaping them, teaching them that true value lies in humble service and personal growth, not in the pursuit of greatness.

“The Effects of Trust on Our Careers” - Dr. Bo Brock

In a world full of uncertainty and competing voices, what can we truly trust? This session will explore the transformative power of trusting God fully—above all else. We’ll look at how our personal and spiritual lives deepen and flourish when we release our grip on unreliable sources of security and learn to trust in the unshakable foundation of God alone. Come ready to reflect, be challenged, and discover the freedom that comes from wholehearted trust.

“Balancing Life: Faith, Family, Work, and the Kitchen Sink” - Dr. Lauren Charles

There are a lot of aspects of your life that are constantly vying to be your top priority. We will never achieve a lasting balance that feels healthy for much more than a moment. “Balance” is an unrealistic goal, but “Balancing” is a practice we can continue to improve. Join us as we explore prioritizing and managing time well to work toward overall WellBeing.

“Holding on to Nothing, Until it Becomes Something .” - Shane Rootes



Speaker Bios

Trent Cox, DVM

Trent Cox and his wife Tabitha, both Texas natives and graduates of Texas A&M College of Veterinary Medicine, married in 1999 before moving to California to begin their careers. Their early professional experiences led them to pursue mission work, using their veterinary skills to serve others. In 2001, they joined SIM in Ethiopia, living among the Bunna people and expanding their family with three children. As the local church grew, they transitioned to leadership roles in Addis Ababa, serving as Country Director and Personnel Director respectively until 2021. Since then, they have supported international missionaries through debriefing in France and service at Black Forest Academy in Germany, helping missionary children become globally minded Christians.

Bo Brock, DVM

Dr. Brock received his DVM from Texas A&M in 1990, and is one of only 88 board certified Equine practitioners in the USA. He has operated Brock Veterinary Clinic in Lamesa, Texas since 1992 – a mixed animal practice with equine interest that sees around 11,000 horses per year. They have seven full time veterinarians on staff, and do approximately 600 arthroscopic and 125 colic surgeries per year. Dr. Brock has spoken at American Association of Equine Practitioners six times, multiple veterinary college commencement ceremonies, and other continuing education seminars.

Lauren Charles, DVM

Dr. Lauren Charles is a graduate of Auburn University, College of Veterinary Medicine, class of 2005. She grew up in Louisville, KY and lives there again now. After a number of short-term mission trips to Latin American countries, she lived and served in Bolivia from 2009-2012 with Christian Veterinary Mission, working primarily with veterinary students. Lauren adopted her daughter in Bolivia, then got married and came back to the US. They now also have 3 biological children, a son-in-law, and a grandbaby! She serves as CVM's Workplace and Student Ministries Director and Mideast Region Rep.

Shane Rootes

Pastor Shane Rootes serves as CEO of Christian Veterinary Mission, inspiring veterinarians worldwide to live out their calling where faith and skill meet in service. A transformational leader with more than two decades of global experience, he is passionate about advancing mission, mentorship, and impact through the veterinary profession. Read more at: our CVM website <https://cvm.org/our-team-detail/shane-rootes>. Join him on mission or invite him to a speaking engagement. Email: srootes@cvm.org