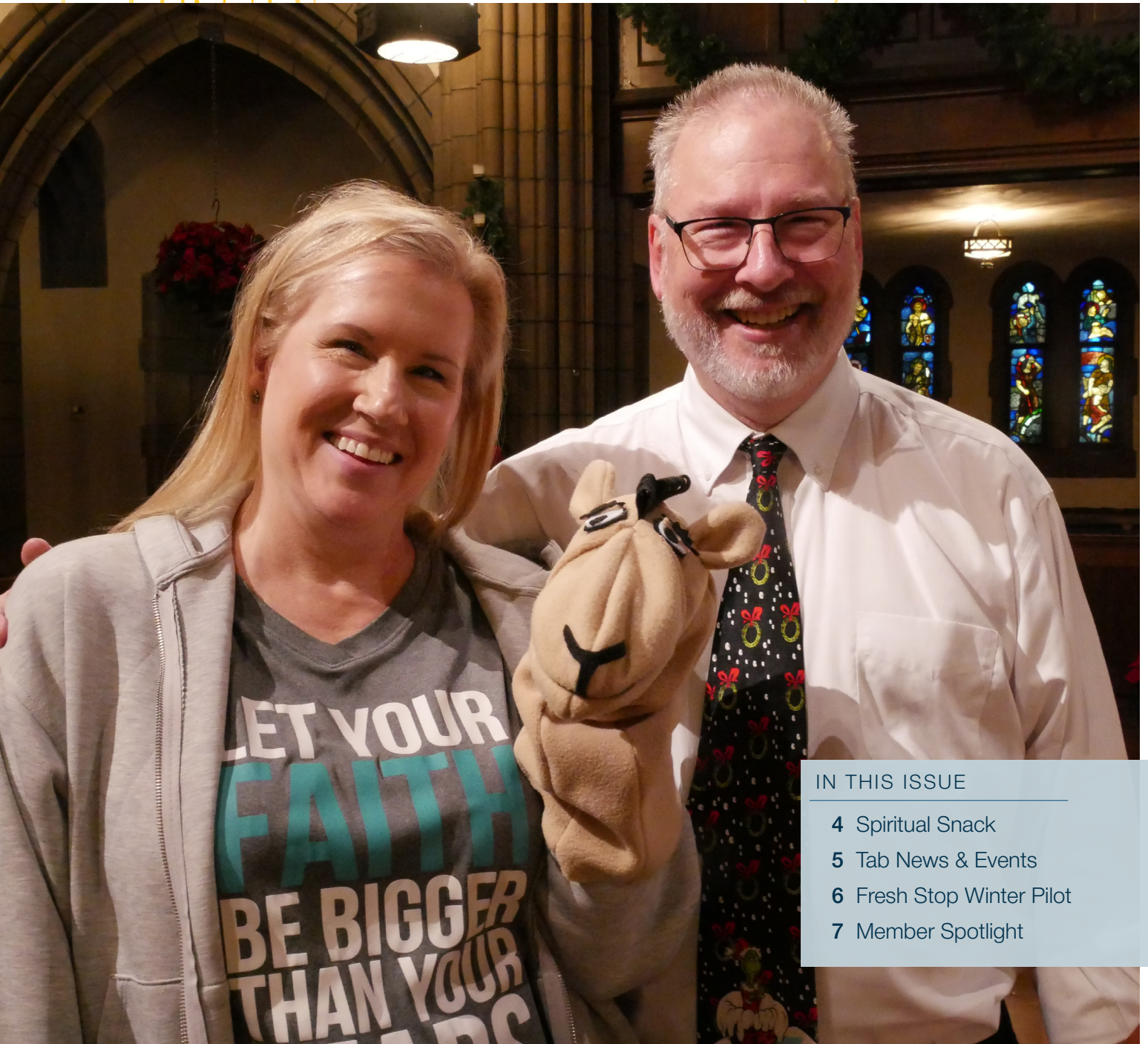


TABERNACLE PRESBYTERIAN CHURCH

TOWER CHIMES



IN THIS ISSUE

- 4 Spiritual Snack
- 5 Tab News & Events
- 6 Fresh Stop Winter Pilot
- 7 Member Spotlight



TAB

Tabernacle Presbyterian Church

OUR MISSION

Tabernacle Presbyterian Church is called by God, led by faith in Jesus Christ and empowered by the Holy Spirit to demonstrate the Kingdom of God through worship, discipleship and outreach. Honoring our heritage at 34th and Central, we will faithfully serve our community, city and world in the present and prepare expectantly for the future.

SUNDAY MORNING WORSHIP

8 AM Communion Service
McKee Chapel

10 AM Worship Service
Sanctuary

Live-stream the 10am worship service every Sunday at tabpres.org/Worship.

CONTACT INFORMATION

TABERNACLE PRESBYTERIAN CHURCH
418 E. 34th Street, Indianapolis, IN 46205

(317) 923-5458 FrontDesk@tabpres.org

www.tabpres.org [tabpres](https://www.facebook.com/tabpres)

TAB'S TOWER CHIMES

This monthly newsletter is also available online at tabpres.org/Chimes. To promote something in the Chimes, please submit your announcement or event details by filling out a **Communications Request Form** at tabpres.org/CommunicationsForm. All submissions must be received no later than the 15th of the month for the upcoming month's issue.

Financial Report

Income:

YTD budgeted income: \$2,038,683
YTD actual income: \$2,074,192
Actual over budget by: \$(35,509)

Expenses:

YTD budgeted expenses: \$2,277,035
YTD actual expenses: \$2,282,551
Actual over budget by: \$5,516

We thank you for your commitment to God's work here at Tab!

Happy Anniversary!

JANUARY

Ryan & Sarah Brennan 6 years
Jonathan & Jennifer Russell 15 years
Debora Amo & Paul Asare 6 years
John & Jacqueline Wimsatt 14 years
Randy & Jacquie Green 22 years
Jeffrey & Denise Ridenour 34 years
Eric & Anne Lange 13 years



HOLIDAY HOURS

The church office will close at noon on December 31 for New Year's Eve and will remain closed all day on Wednesday, January 1, in observance of New Year's Day. Tab would like to wish everyone a very happy holiday season! The office will also be closed all day on Monday, January 20, in observance of Martin Luther King Jr. Day.

January 2025

EVENT SCHEDULE

SPECIAL

- 1** all day Office closed for New Year's Day
- 20** all day Office closed in recognition of Martin Luther King Jr. Day
- 11:30a Preteen Lunch and a Movie Outing
- 26** 11:15a Annual Chili Cook-Off

WEEKLY

- MWF** 11:00am Open Door Café
- SUN** 8:00am Communion Service
- 9:00am Education Hour
- 10:00am Sanctuary Worship
- 11:00am IMPACT Youth Group
- MON** 6:30pm Boy Scout Troop
- Cub Scout Pack 72
- TUE** 9:30am Women Alive
- 6:30pm Prayer Service
- WED** 9:30am Pastor's Bible Study
- THU** 2:30pm Tab Tutoring
- 7:00pm Sanctuary Choir Rehearsal
- FRI** 3:30pm Circle of Hope
- SAT** 8:00am Men's Bible Study

MONTHLY

- ^{1st} **MON** 5:00pm HR Committee
- ^{1st} **TUE** 7:00pm Spiritual Growth & Development
- ^{1st} **WED** 5:30pm Missions Committee
- ^{2nd} **MON** 5:30pm Facilities Committee
- ^{2nd} **TUE** 8:00am Recreation Meeting
- 5:00pm Budget & Finance Committee
- 7:00pm Children's Ministries Committee
- ^{2 & 4} **SAT** 10:00am Purls of Wisdom

Please visit tabpres.org/Events for a complete calendar.

January Birthdays!

- | | | | | |
|-------------------|-------------------|--------------------|------------------|-------------------|
| Tom Ahearn | Stephanie DeTrude | Kathy Gunn | Sarah Malito | Libby Pike |
| David Amstutz | Kathy Dickerman | Julie Hudson | Ruth McDonald | Rose Pittman |
| Barb Babcock | Carolyn Dodd | Eric Herzog | Marshall McKenna | Brian Russell |
| Randy Belden | Ben Drucker | Janet Hohlt | Lainey Meils | Kayleigh Schumm |
| Susie Birk | Don Douglass | Don Heitman | Luke Meils | Jeanne Spellman |
| Fritz Blum | Holly Egan | Annette Ireland | Dave Mills | Rob Springer |
| Kathy Brown-Mayes | Kathy Fowles | Ruth Jefferies | Kerry Mitchell | Mike Terry |
| Makayla Buchanan | Stella Fowles | Michael Jefferies | Ellen Moeller | Larry Tovsky |
| John Byers | Matt Gall | Dennis Johnson Sr. | Jeanne Moosey | Jasmine Townsend |
| Camille Cantwell | Caroline Gilroy | Erica Koehring | Ellie Morse | Jami Turman |
| Bethany Chatelain | Heather Gillespie | John Keller | Weber Morse | Tate Turman |
| Craig Costlow | Caleb Goss | Rod Lanum | Betty Mullin | Stephanie Verberg |
| Bill Daymon | Kelly Graner | Nora Luzader | Charles Packer | |

A Spiritual Snack

ARE SPIRITUAL SNACKS REALLY A THING?!

We all have questions—questions that stir in our minds and hearts, inviting us to ponder important topics of meaning, purpose, life, and death. As children of God and disciples of Jesus, we often seek answers. If you'd like to reflect on some of these questions through the lens of a Psalm, here's a spiritual "snack" to consider.

Snack Enhancing Ideas

- Find a quiet, comfortable place for reflection.
- Light a candle if desired.
- Read the provided Psalm (NRSVUE translation). Additional translations can enhance your experience.
- Jot down words, ideas, feelings, or images that stand out.
- Read the brief reflection, compare it with your observations, and consider how the Holy Spirit may be speaking to you.
- Spend a few moments praying for individuals or situations that come to mind.
- Close with your own prayer or the one provided.
- ***Don't forget to blow out the candle!***

Psalm 4 (NRSVUE)

¹ Answer me when I call, O God of my right! You gave me room when I was in distress. Be gracious to me, and hear my prayer.

² How long, you people, shall my honor suffer shame? How long will you love vain words and seek after lies? *Selah*

³ But know that the Lord has set apart the faithful for himself; the Lord hears when I call to him.

⁴ When you are disturbed, do not sin; ponder it on your beds, and be silent. *Selah*

⁵ Offer right sacrifices, and put your trust in the Lord.

⁶ There are many who say, "O that we might see some good! Let the light of your face shine on us, O Lord!"

⁷ You have put gladness in my heart more than when their grain and wine abound.

⁸ I will both lie down and sleep in peace, for you alone, O Lord, make me lie down in safety.

Reflection

My brother and I shared a bedroom for eighteen years. Each night, Mom would have us pray before bed, asking God to bless our family, grandparents, and even distant relatives. This ritual provided comfort, knowing God was watching over us, allowing us to sleep peacefully.

Psalm 4 reflects this same bedtime peace in verse 8: "for you alone, O Lord, make me lie down in safety." However, the journey to peace was not easy. The psalmist begins in distress, having suffered from gossip and false rumors that caused humiliation and robbed them of honor and dignity. In ancient Israel, these qualities were crucial to one's identity and emotional health, especially within the community. The pain of gossip was often worse than physical harm.

The psalmist overcomes this pain by recognizing that the only voice that matters is God's (v. 3). The relationship with God transcends the false judgments of others. By acknowledging God's love and presence, the psalmist experiences grace, which transforms the pain inflicted by words.

May we, as disciples of Jesus, use our words with care and love, knowing the importance of honor, dignity, and respect.

Closing Prayer

O Lord, open our lips that our mouths may declare your praise, and speak our care for one another. Amen.

ANNOUNCEMENTS & UPCOMING EVENTS

SPIRITUAL GROWTH & DEVELOPMENT “Nurturing the Heart Within” January 5 - February 23 | 9 AM

Join Dr. Shannon Woller for a seven-week SG&D series on Sundays at 9am in the Parlor. Explore self-compassion, recognize your God-given value, and embrace grace through teaching, reflection, and group sharing. Learn how self-compassion can transform relationships and deepen your walk with God. Everyone is welcome to start the New Year by living into God’s gift of grace, peace, and love. More information is available at tabpres.org/Adults.



FRESH STOP RETURNS TO TAB | January 18

Fresh Stop, a ministry of Tabernacle Presbyterian Church, provides affordable, fresh, and local produce based on income. All clients receive the same variety and amount of produce, with costs ranging from \$10 to \$30. Winter pickups will be held two Saturdays a month, from January 18 to March 15, in the Tab Dining Room from 10-11 AM. Orders must be placed by the Sunday before pickup. For more details or to place an order, visit FreshStop.org or contact Sally John at sallybjohn@gmail.com. Fresh Stop also offers recipes and cooking demonstrations with each pickup.

DEACON’S CHILI COOK-OFF January 26 | 11:15 AM

Spice up your winter at Tab’s annual Chili Cook-Off, hosted by the Deacons! Join us on Sunday, January 26, in the Dining Room following Sanctuary worship. Enter your best chili recipe to wow everyone’s taste buds—sign-up begins January 5. No recipe to enter? No worries! Come taste and vote for your favorite chili. Whether you prefer mild or spicy, vegetarian or meaty, there will be something for everyone. Mark your calendar and enjoy delicious food, great company, and festive cheer!

SACRED MUSIC SYMPOSIUM 2025

Join us for the 2025 Sacred Music Symposium at Tab! This national event offers workshops, choral reading sessions, and opportunities for music ministers, choir members, and worship leaders to connect and grow. \$150 registration (includes meals and music). Sign up at tabpres.org/SacredMusic by January 27 for inspiration and professional development!

2025 STEWARDSHIP PLEDGE CARDS

Thank you to those who have responded to the 2025 Stewardship Campaign. If you haven’t submitted your pledge card yet, please do so soon to help with planning for the upcoming year.

Children’s Ministry

CAMP PYOCA REGISTRATION | January 5

It’s time to register for Camp Pyoca! Registration opens January 5 for summer camps at Pyoca, our presbytery’s camp and conference center. If your child would like to go, Children’s Ministries will pay half of the cost for one week of camp for each “Tab kid” who registers. Spots in the various camps fill up quickly, especially for the elementary programs, so sign up early! The link for Pyoca summer camp information and registration is pyoca.org/summer_camp. Contact Jennifer Wirt at Jennifer.Wirt@tabpres.org if you have any questions.



PRETEEN LUNCH AND A MOVIE January 20 | 11:30 AM

All Tab 5th- and 6th-graders are invited to our annual “Lunch and a Movie” outing on MLK Day (January 20). We’ll depart from Tab at around 11:30, enjoy lunch together, and then watch a family-friendly movie at either Glendale or Castleton Square. If your preteen would like to join us (and we hope they will!), please notify Jennifer Wirt at Jennifer.Wirt@tabpres.org by January 15 so we can purchase the movie tickets.



Questions?

Contact Jennifer Wirt at ext. 140 or email her at Jennifer.Wirt@tabpres.org. Learn more at tabpres.org/Children.

Fresh Stop Returns

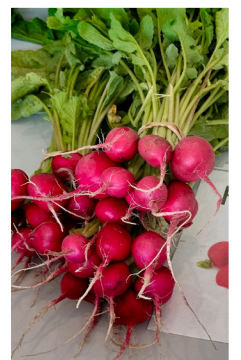
WINTER PILOT BEGINS JANUARY 18

As more Americans are suffering from preventable, fatal illnesses, more and more people are becoming aware of the importance of good nutrition as the very basis of good health. As Christians, we know that the Bible says that our bodies are the temple of the Holy Spirit, and it only makes sense that we should keep them in tip-top working order so that we can serve the Lord with energy and enthusiasm. We know that we should be avoiding ultra-processed foods, refined sugar, etc., but what should we be eating? A beautiful array of vegetables that have been raised without pesticides is certainly a great starting point.

When you order a Fresh Stop share, you are all set to begin feeding yourself and your family in a nutritious way that will support their bodies in the way God intended. Sadly, this type of eating is more expensive than eating non-organic produce, fast food and ultra-processed foods. That's why our ministry makes each bag of produce available at three different price points based on income. You can go to FreshStop.org to see the exact income levels, but basically, if you have a SNAP card, you pay \$10, if you're lower income, you pay \$15 and if you're higher income, you pay \$30 for your share. The higher priced shares combined with the discount our farmers give us for ordering in bulk make for a nice, hefty bag of produce.

We have never run Fresh Stop in the Winter before. Our season usually goes from June to November, but several of our farmers keep growing in the winter using greenhouses and they have said that they can accommodate us, so we decided to try it! The regular Fresh Stop buyers are very excited about this winter option! Our Pilot Winter Fresh Stop Program will start in mid-January (1/18 to be exact) and go every other Saturday through March. We're encouraging folks to go ahead and buy for the whole 5 Fresh Stops in advance, but you can still order one at a time if you'd rather. You'll see both options on the website (www.freshstop.org). The deadline for the first Fresh Stop will be midnight on Sunday, 1/12. You can leave a check or cash at the front office, or you can use a credit card or PayPal online. If you're ordering with a SNAP card, you need to get in touch with Sally at sallybjohn@gmail.com.

The past two seasons, we have held our Fresh Stops at the Raphael Health Center, but they cannot accommodate us this winter, so we will be back in the Tab Dining Room. If you order, plan to come early and enjoy chatting with our chef, Koby Bluit. She will be giving us ideas about how to use your share and will be handing out samples. We'll also have a newsletter with info about the produce and more recipe ideas, and the coffeepot will be on to warm us up. It's a fun morning between 10 and 11am sharing ideas for how to have a more healthful nutritious diet for these temples God has given us. Won't you give it a try?



Member Spotlight

MEET JEANNE RIEGER

by Maya Wagle

Isaiah 66:13 says, "As a mother comforts her child, so I will comfort you; and you will be comforted."

A godly mother nurtures and cares unconditionally. If you attend Pastor's Bible Study or Women Alive, you'll always enjoy warm homemade cookies or muffins made by Jeanne Rieger. Her warm smile and welcoming spirit make you feel at home. On Sundays, she joins Leah Crane to sing at the 10am service.

Jeanne and Scott Rieger, both born in 1959 in Forest, IL, met in 5th grade. Jeanne, adopted by a farming Methodist family, earned an AS in Surgical Technology from Parkland College and an MS in Education from IU Bloomington.

Scott, who received an MS in Spiritual Formation & Direction, introduced Jeanne to Jesus in 1980. They married in 1980 without dating and had three daughters: Sarah (1981), Annah (1983), and Jennah (1986). Annah and Jennah are RNs, and Sarah is a personal trainer. The family now includes three granddaughters (Selah, Neelah, Priyah) and two grandsons (Ivan, Micah).

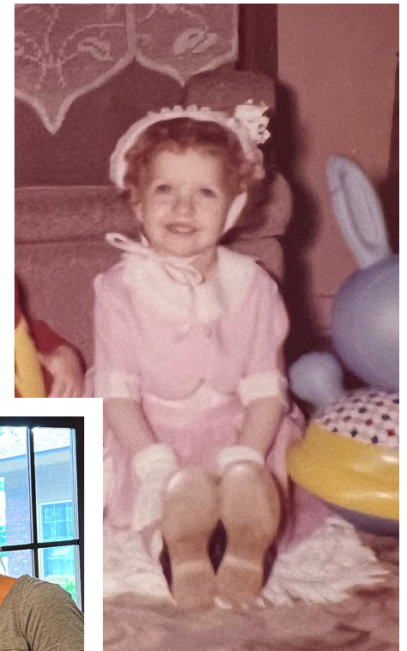
In 1988, Jeanne and Scott moved to Indianapolis. Jeanne worked at Pike High School teaching gymnastics before moving to Ivy Tech Community College, where she now serves as Program Chair in Surgical Technology. Scott worked as an associate pastor at the Vineyard and ran several businesses, including an ACH banking company and cleaning services. He now teaches Spiritual Direction at Richmond Graduate University in Atlanta.

How did they get to TAB? Jeanne was involved in "The Pour House," helping people experiencing homelessness. Through this, she met Ann and Steve Reynolds at Open Hand. Jeanne fell in love with the neighborhood and moved next to TAB. She has since volunteered at Open Door, attended Women Alive, and worked with Raphael Clinic. Jeanne loves TAB for its openness and hospitality toward the poor.



In their spare time, they enjoy their lake house at Raccoon Lake, where Jeanne paints and bakes while Scott reads theology. The girls and grandkids often join them, and they spend time cheering on their granddaughter at travel volleyball games.

Jeanne's faith rests in our "unshakeable" God and His kingdom (Heb 12:28-29). She finds strength in Jeremiah 29:11, which reminds her that God has plans for us to prosper. A good thing to remember for all of us.



TABERNACLE PRESBYTERIAN CHURCH

418 East 34th Street
Indianapolis, IN 46205-3795

POSTMASTER: Send address change to Tabernacle Presbyterian Church at the address above.

Deacons'
CHILI
COOK-OFF

SUN., January 26 | 11:15 AM

Dining Room

