



**Spiritual Growth
at Tab**

Nourish & Flourish!

**A Wonderland of Classes,
Events, Fellowship & Service
Opportunities**

2026 WINTER/SPRING CATALOG
January — April

TABERNACLE PRESBYTERIAN CHURCH



Your spiritual journey is a priority!
Say “yes” to growth this season and see what
God is going to cultivate in you
with a little learning, a little laughter,
and a whole lot of grace.

Core Values Of Tab’s Spiritual Growth Team

Nourishing Spiritual Growth: We are committed to providing opportunities that nourish spiritual growth in every season of life.

Rooted in Christ: Grounded in Biblical teachings and Christian traditions, we remain firmly connected to the source of our faith.

Flourishing in Faith: Through study, fellowship, and service, we seek to deepen our relationship with God, one another, and our community.

Growing in Grace: Empowered by God’s grace, we strive to live out our faith through acts of love, justice, and compassion, making a meaningful impact in the world around us.



Learn more at
tabpres.org/Adults



Spiritual Growth Winter & Spring Opportunities

Join us through this season of classes, groups, gatherings,
events & fellowship.

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Sunday in the Parlor

Begins January 4 | 9 am



As We Forgive Those

LED BY DR. SHANNON WOLLER

Join Dr. Shannon Woller for a six-week, scripture-rooted exploration of forgiveness—God’s forgiveness toward us and our call to forgive ourselves and others. Grounded in biblical teaching and shaped by insights from Timothy Keller and Maria Mayo, this class will reflect on mercy, justice, and the challenges and beauty of forgiveness. Each session includes Scripture study, guided reflection, and practical discussion to help us recognize where forgiveness may need to take root in our lives. Come grow in grace, honesty, and hope as we learn to forgive—even when it feels impossible.

Questions? Contact: Bart Ost at bart.ost@tabpres.org



Sunday in the Parlor

Begins February 15 | 9 am

Flourish: Embracing Your Abundant Life



LED BY PEGGY MINDREBO, MDiv

Join us for an uplifting journey designed to help you embrace the abundant life God envisions for you. In this welcoming and conversational class, we'll explore how to navigate life's challenges with faith and hope. Over four weeks, we'll uncover the reassuring truths that God sees you, is with you, invites you, and empowers you. There's no need for prior preparation—just bring an open heart ready to listen and grow. Led by a pastoral counselor and chaplain deeply rooted in our community, this experience promises to be enriching, practical, and spiritually renewing. Come ready to flourish!

Questions? Contact: Bart Ost at bart.ost@tabpres.org



Sunday in the Parlor

Sunday, April 26 | 9 am



Meet Reggie Martin, Executive Director of Tab's Recreation Ministry

HEAR WHAT'S HAPPENING & HOW YOU CAN JOIN!

Reggie Martin is our newest Executive Director of Tab's Recreation Ministry! Reggie comes to us from Brookside Paramount School and brings a wealth of experience from the youth sports world in both football and soccer. We're excited to have him join the team which includes Ben Hughes, Program Director, and Nigel Foreman, Recreation Chaplain, Coach, and Soccer Coordinator.

The Core ministry goal of Tab Rec is Empowering Youth Through Faith and Sports. Tab believes in the power of sports to not only shape athletes but to strengthen hearts and souls. Our Christ-centered program focuses on building meaningful relationships with youth through the exciting and challenging world of sports.

Come hear how Reggie is building on our great tradition at Tab Rec and his vision for the future and our participation in that ministry!

Contact: Bart Ost at bart.ost@tabpres.org



Sunday in the Nook

Jan 11, 18 & 25, Feb 8 | 11:15 am

Courage to Question: Honest Conversations in Spiritual Exploration

A SAFE SPACE WITH JIM PFEIFFER, Th.M

Faith can be beautiful—and bewildering. Many of us, at one time or another, find ourselves wrestling with questions that don't seem to have easy answers: doubts about what we believe, concerns about how the church responds to a complicated world, or uncertainty about where God is in the midst of pain and confusion. These struggles can feel isolating, but they are part of the common human experience.

This four week small group is a safe, confidential space for honest conversation. Guided by Pastor/Chaplain, Jim Pfeiffer, participants will be invited to share openly about their experiences of doubt, frustration, even lack of connection with a personal God. There will be no quick fixes or tidy conclusions—just the grace of being heard, the courage to listen, and the hope that honest questions can be an expression of faith itself. Please pre-register.

Contact: Jim at jrpfeiff@gmail.com or Bart Ost at bart.ost@tabpres.org



Sunday in the Library

Begins March 1 | 9 am

From Wilderness to Glory: Lent & Easter for Everyone

A LENTEN DEVOTIONAL by N.T. WRIGHT

Join us as Wright helps us Walk the Story, From Ashes to Alleluia, as we think, pray, and reflect through the stories of Jesus' life, death, and resurrection. Please purchase the devotional (available at Amazon.com) before the first class. We will have a very limited number of copies on hand to purchase if you are unable to purchase the book online.

Contact: Bart Ost at bart.ost@tabpres.org



Sunday in the Library

Begins March 22 | 11:15 am

“Philemon” A Journey of Forgiveness & Unity”

A VIDEO STUDY FEATURING DR. DAVID E. GARLAND

Discover the radical message of forgiveness, reconciliation, and equality in Paul’s shortest letter, Philemon. Led by the insights of renowned New Testament scholar Dr. David E. Garland, this video study brings the dynamic truth of this ancient text into our modern world. Explore how the Gospel breaks down barriers—whether of social status or past hurt—and compels us toward true Christian community. If Christ has forgiven and welcomed us all, what actions must we now take? Join us to learn how a transformed heart demands a bold commitment to unity and love, impacting issues in our lives today. **A simple lunch will be provided.**

Contact: Bart Ost at bart.ost@tabpres.org



Sunday in the Corner Forum

March 22 | 9 am

Tab's Global Ministries

ACROSS THE WORLD: TAB'S PARTNERS

Come and hear an overview of Tab's global missions partners. Members of the Missions Committee will tell you more about the ministries of the Wittigs in Colombia, the Parlatos in Thailand, Umoja in Kenya, several ministries in Romania, the Kellers, and Justice Venture International in India, Nepal, and now in Kenya. Find out more about the ministries, the people they serve, the focus of their work, their history with Tab, prayers and vision for the future, and how you can be involved.

Contact: Bart Ost bart.ost@tabpres.org



Sunday in the Corner Forum

March 29 | 9 am | Gym Room #5

Serving the Needs of Our Neighbors

SEE TAB IN THE COMMUNITY

This is an expansion of our earlier program on food insecurity. Join several of our ministry leaders as they discuss the challenges of being poor in Indiana. We will also have a Circles leader join them. They will discuss obstacles that our neighbors have related to food insecurity, transportation, healthcare, renting an apartment, and the benefits cliff. They will make these material and spiritual needs tangible to us and describe the ministries at Tab and through our partners to meet these challenges through programs like Circles and the Open Door Café. Come prepared with your questions and learn about ministry opportunities to serve those we are called to love and support

Contact: Bart Ost bart.ost@tabpres.org



Sunday in the Corner Forum

April 19 | 9 am | Gym Room #5

Indiana's Family & Social Services Administration

A CONVERSATION WITH MITCH ROOB

Join us to learn more about Indiana's federal/state partnerships to address hunger, medical needs, and mental health addictions. Over one-third of Hoosiers are benefited through these programs. Join this informative meeting with Secretary of the Family and Social Services Administration—Mitch Roob. Mitch, a Tab member, has been in this role since January under current Governor Braun but also served in this capacity under Governor Daniels. Mitch will give valuable information for understanding the services that our neighbors utilize and the social services benefits cliff that create barriers on the way to self-sufficiency.

Contact: Bart Ost bart.ost@tabpres.org



Monday – Saturday

Weekday Opportunities @ Tab





Women's Bible Study

MONDAY | 7 PM | PARLOR | Resumes January 26

Explore the Bible, grow in faith, and connect with other women in meaningful fellowship as we seek to live out the powerful truths found in God's Word. This prayer and study time is an encouraging start to the week and a great way to connect and learn with other women.

WINTER 2026 | January 26–February 23

The Ruthless Elimination of Hurry (Book)

We are all busy. Some of us can't remember the last time we rested or even had free time. Our busyness can feel productive but it is a toxic distraction, sapping our spiritual, physical, and emotional vitality. It may seem like we have no choice but to live at a frantic pace, but God has a better path for us. Instead of allowing our calendars and screens to control our lives, Jesus offers us a new rhythm of life, overflowing with grace, peace, and beauty.

SPRING 2026 | March 2 - April 27

Teach Us to Pray (Book)

If you've grown up in a Christian home or have had some exposure to Christianity, you are probably familiar with "The Lord's Prayer." Perhaps you can recite it verbatim. Or perhaps you've recited it so many times that the words fail to make much sense to you anymore. We will rediscover the Lord's prayer not as ritualistic dogma or a magical mantra but a deeply conversational, one-on-one appointment with our Father.

Contact: Ruth Miller at mrs.ruth.miller@gmail.com



Women's Tuesday Walkers

TUESDAY | 8 AM | BLUE BRIDGE (56TH & ILLINOIS)

Start your Tuesday mornings with a refreshing walk and great company! This group meets weekly at the “Blue Bridge” to walk the Canal towpath to Michigan Road and back. The walk lasts about 75–90 minutes, followed by coffee and conversation at a local café. All women are welcome—bring a friend or neighbor, or just come for coffee!

Contact: Ellen Moeller at ellensmoeller@gmail.com
or Ann Ost at bostfricke@aol.com



Women Alive

TUESDAY | 10 AM | PARLOR

Women Alive is a vibrant group for women of all ages, focused on transformation through Bible study and inspirational book discussions. Study selections are chosen by the group as a whole and leadership is shared. We also offer yoga on most Tuesdays at 9:15a in the Gym—check with Sally, as sessions may vary).

This season, Women Alive will read and discuss several books including *The Other Half of the Church: Christian Community*, *Brain Science*, and *Overcoming Spiritual Stagnation* by Jim Wilder and Michael Hendricks, *Practicing the Way: Be with Jesus, Become Like Him, Do As He Did* by John Mark Comer, and *Eight Doors of the Kingdom: Meditations on the Beatitudes* by Fr. Jacques Philippe.

Contact: Sally John at sallyjohn@gmail.com



Tuesdays in Prayer

TUESDAY | 6:30 PM | MCWHIRTER CENTER (LIBRARY)

Unite in prayer as we lift up the needs of our church, city, and world. This weekly gathering offers space for quiet reflection and prayer for our church family. Whether you're new to prayer or a seasoned intercessor, all are welcome. If you would like this group to include your prayer concerns, submit a Blue Prayer Card from the Sanctuary pews for prayer.

Contact: Doug Conrads at dconrads@yahoo.com



Pastor's Bible Study

WEDNESDAY | 9:30 AM | PARLOR

This class explores the Scriptures that will guide the upcoming Sunday worship, providing insight into the Pastor's sermon and preparing hearts for the week ahead. No registration is required—attend once or as often as you'd like. You are always welcome to join us!

Contact: Dr. Steve Smith at steve.smith@tabpres.org



Men's Bible Study

SATURDAY | 8 AM | PARLOR

Dive into Scripture in a small group setting, connect in fellowship, and encourage one another through prayer and discussion. Men's Bible Study is a time for growth, accountability, and building strong relationships. Bring your Bible and come ready to grow in faith!

"As iron sharpens iron, so one person sharpens another."

—PROVERBS 27:17

Contact: Doug Conrads at dlconrads@yahoo.com



Daughters of Dorcas

2ND & 4TH SATURDAY | 10 AM | THE NOOK MEETING ROOM

Daughters of Dorcas is a group that knits and crochets prayer shawls for those in need of comfort, and hats and scarves for community ministries. There's no need to commit to every meeting—attend when you can. While working, we share joys, concerns, enjoy a short devotional, and pray together. We provide yarn and supplies, and we're happy to teach you if you'd like to learn. Join us!

Contact: Nancy Gordon at ngordon774@aol.com

Bible Study Fellowship (BSF)

TUESDAY | BEGINS JANUARY 6 | 7 PM | DINING ROOM

Bible Study Fellowship (BSF) is a global ministry offering in-depth Bible study that inspires a passionate commitment to Christ, His Word, and His Church. Women of all ages gather weekly to explore Scripture, deepen their walk with Jesus, and connect through meaningful conversation.

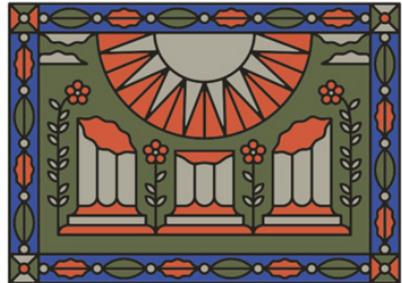
Each week includes personal study with thought-provoking questions, small group discussion, teaching that applies biblical truths to daily life, and comprehensive lesson notes.

Tab is one of several BSF host sites in Indianapolis. Join us at 7pm in the Dining Room. It's a diverse, welcoming group eager to grow together.

This year's study: *Exile and Return*

Exile & Return

A TIME TO BUILD



Journey through Ezekiel, Daniel, Ezra, Esther, Haggai, Zechariah, Nehemiah, and Malachi and see how God called His people to build His kingdom in unfamiliar places—a call that still resonates for us today.

Contact: Ann F. Ost at bostfricke@aol.com for more information

Learn more about BSF
bsfinternational.org



Upcoming Events

Special Opportunities @ Tab



Fill Your Cup: Coming to the Well Daily Women's Ministry Gathering

SATURDAY, JANUARY 10 | 2:30 PM–4:30 PM | DINING ROOM

Take a break from the busyness of life and join us for a special afternoon designed to refresh your heart and spirit. The Women's Ministry Team invites you to a warm and welcoming time of fellowship, tea, light refreshments and encouragement as we explore what it means to come to Jesus—our Living Water—each and every day.

Rev. Gracie Payne, Associate Pastor at Second Presbyterian, will share an uplifting message on finding daily strength in Christ and allowing Him to continually “fill your cup,” no matter the season you're in.

Come be renewed, connect with other women, and step into the new year with your heart filled and centered in God's love. We hope to see you there!

Kindly RSVP to womenoftab@tabpres.org by January 5, 2026



Art from the Heart: Creating in God's Love

SATURDAY, FEBRUARY 14 | 9 AM–12 PM | DINING ROOM

Join us for With All Your Heart, a creative, hands-on art experience inspired by Jesus' invitation to "love the Lord your God with all your heart." In this fun and welcoming workshop, Indiana artist and Tab member Sandy Roob will guide us in crafting mixed-media heart-themed artwork using paper, paint, ink, and even old church bulletins. Whether you're a seasoned artist or simply curious, you'll have the chance to create a meaningful piece to take home or display in Tab's gathering spaces. Come enjoy a morning of color, fellowship, and heart-felt expression from 9AM–12PM. We will provide snacks and beverage!

**Contact: Bart Ost at bart.ost@tabpres.org or
Sandy Roob at sroob16@gmail.com**



Simple Dinners & Fellowship During Lent

WEDNESDAYS, FEB 18 & 25, MAR 11 & 25 | 6 PM | DINING ROOM

We'd love for you to join us this year for a warm, inviting adventure with our special "Taking Hold of Lent" series! Think of it as a little midweek spiritual recharge starting on Ash Wednesday.

We will start with a relaxed, shared meal--nothing fancy, just good food and fellowship! Then, a short and heartfelt devotion, after which we will break into small groups for easygoing conversation and connection.

This is not homework! It's a wonderful opportunity to slow down, deepen your faith, connect with fellow Tab members, and really reflect on what Lent is all about. Come as you are! Childcare for children under five will be available for the devotional portions of the evening.

"Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful."

—HEBREWS 10:23

Contact: Bart Ost at bart.ost@tabpres.org



Art & Faith: The Great Outdoors Tab Adventures at 100 Acres

SATURDAY, APRIL 25 | 9 AM–THROUGH LUNCH | NEWFIELDS

Get out and enjoy the beauty of the season with morning of Art, Nature, and Community at the Newfield's 100 Acres Art & Nature Park. Adults and kids alike will love the scenic hike around the lake and through the outdoor exhibits. For our younger explorers, we'll have a fun scavenger hunt to turn in for prizes. We will wrap up this joyful fellowship with a relaxed lunch at the Newfield's Cafè. Come make memories and connect in fellowship while exploring this captivating setting. Admission is free to the Museum Cafè and 100 Acres, lunch is at your expense. Don't miss this nourishing experience for the whole family!

Contact: Bart Ost at bart.ost@tabpres.org



Faith in Action

Service Opportunities In & Around Tab

Fresh Stop Produce

Fresh Stop is a ministry that provides fresh produce from local farmers on a sliding pay scale based on income. Every other Saturday, from January 24th through March, participants can pick up shares of lovely winter produce in the Dining Room at Tab between 10 AM–11 AM. This initiative connects local farmers with the community, making it easier to enjoy a more nutritious daily diet.

We're always seeking volunteers to help! Opportunities include greeting clients, updating our Facebook page, setting up and cleaning the produce station, and picking up produce at the Farmer's Market.

Contact: Sally John at sallybjohn@gmail.com



Learn more at
FreshStop.org

Open Door Café

MON, WED, FRI | 11 AM | DINING ROOM

Did you know Tab serves lunch to our neighbors three times a week? Every Monday, Wednesday, and Friday from 11a – 12p, our Dining Room transforms into a space of warmth, welcome, and community. Open Door is more than a meal—it's a ministry of presence, compassion, and connection.

We're looking for volunteers who want to do more than serve food. Our neighbors come not only for nourishment but for meaningful relationships, mutual respect, and spiritual encouragement. Many of our neighbors have shared how deeply it matters when someone takes time to sit with them, listen, pray, and simply be present.

This is an invitation to be part of something deeper—where service is rooted in humility, dignity, and the belief that every person reflects the image of God. We believe in building bridges across differences, not barriers. As we seek to reflect the rich diversity of God's Kingdom, we hope to grow in empathy and understanding, embracing one another's unique experiences, cultures, and perspectives.

Get involved today! If you're ready to grow in relationship, serve with compassion, and be transformed by the stories of others, we'd love for you to be part of Open Door. Log on to your Realm Connect app and navigate to the Serving screen, or contact the Community Care Team to get connected to this life-giving ministry.

Contact: Mike O'Banyel at mike.obanyel@tabpres.org



Heart Change Ministries: Changed Hearts...Changed Lives.

Heart Change Ministries walks alongside women and their children who are ready to break free from cycles of crisis and live into the lives God intended for them. Many of the women we serve have experienced homelessness, trauma, and instability—but they're committed to transformation, and we're committed to walking with them every step of the way.

Our mission is simple: to share the gospel of grace and support these women as they grow into strong mothers, community members, and women of faith.

Want to learn more?

Come for an Introductory Tour of the new Heart Change facility and see the ministry in action. If you time it right, you might even enjoy a community lunch alongside volunteers, staff, and the women and children we serve.

Contact: Ann Ost at bostfricke@aol.com to learn more

Changed hearts... Changed lives.

Covenant Community
NEIGHBORS


heart change
ministries

heart
change
artisans



Learn more at
heartchangeindy.org



Volunteer at Mid-North Food Pantry

The Mid-North Food Pantry is committed to caring for our mid-north Indianapolis neighborhoods by offering supplemental food and essential items to those in need. Since the 1970s, Tab has proudly partnered with other local churches to launch and support this ministry. Together, we continue to serve our community with compassion and dignity.

Volunteer opportunities are open year-round for Tab members, from helping at the pantry (3333 N. Meridian) to joining a committee via Zoom. Your time and gifts truly change lives.

Contact: Bart Ost at bart.ost@tabpres.org



MID-NORTH
FOOD PANTRY

NEIGHBORS SERVING NEIGHBORS

Learn more at
midnorthfoodpantry.org





The Spiritual Growth Team

Contact any of our teammates with questions, comments, or suggestions for future programming!

Beth Ahearn: bahearn3@sbcglobal.net

Janet Hohlt: jrqueenofhearts1@gmail.com

Linda McCabe: lkmccabe@outlook.com

Ellen Moeller: ellensmoeller@gmail.com

Jeanne Morton: jmorton@c21scheetz.com

Bart Ost, Spiritual Growth Director: bart.ost@tabpres.org

Jeff Poole: jpoolemail@gmail.com

Shannon Woller: shannon.woller@gmail.com

Learn more about our Adult Ministry programs at tabpres.org/Adults



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