



Spiritual Growth  
at Tab

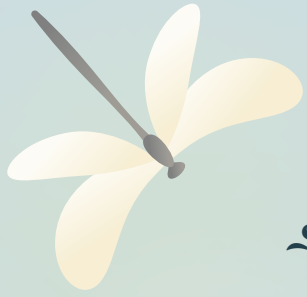


# Together is Better in the Summer!

Good Conversations, Fun Activities  
& New Things to Learn

**2026 SUMMER CATALOG**  
May – August

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.



# Spiritual Growth Summer Opportunities

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

## Here's What's Inside:

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Learn more at  
[tabpres.org/Adults](http://tabpres.org/Adults)





## Sunday in the Parlor

Begins May 3 | 9 am



## Sunday in the Parlor

Begins August 23 | 9 am

### Diving Into Colossians: 4 Chapters in 6 Weeks!

Join us for a study of the New Testament book of Colossians, a short but powerful letter that proclaims the supremacy of Christ and the fullness of life found in him. Through guided discussion and reflection, we will consider how Colossians speaks to our lives today.

**More Info? Contact: Beth Ahearn and/or Mark Ahearn at [bahearn3@sbcglobal.net](mailto:bahearn3@sbcglobal.net), or Jeff Poole at [jpoolemail@gmail.com](mailto:jpoolemail@gmail.com)**



### The “Lord’s Prayer” Through Middle Eastern Eyes

LED BY MARK JOHN

How might we hear the Lord’s Prayer differently when we attempt to hear it as Jesus’ first listeners did? In this class we will explore the Lord’s Prayer primarily through insights from the book *Jesus Through Middle Eastern Eyes*, by Kenneth E. Bailey. Bailey shows how Jesus’ teaching reflects the language, culture, and rhetorical patterns of the first-century Middle East, revealing a powerful structure centered on God’s holiness, kingdom, and daily provision for the community. Together we will consider how Jesus brings the sovereignty of God into relationship with our freedom and responsibility. We will reflect on themes such as our daily bread and needs, giving and receiving forgiveness, and Jesus’ very personal address for us to God as “My Father/Our Father” in ways that defy any suggestion of oppressive patriarchy. All are welcome!

**Questions? Contact: Mark John at [beaconmark@gmail.com](mailto:beaconmark@gmail.com)**



**Sunday in the Parlor**  
 June 21, 28, July 12, 19 & 26 | 9 am

**Sunday in the Parlor**  
 August 2, 9 & 16 | 9 am

**You Have A Calling:  
 Finding Your Vocation!**

A BOOK BY KAREN SWALLOW PRIOR

Explore the wisdom of Karen Prior Swallow in this meaningful study about your spiritual calling. In this concise and inviting book, award-winning author Karen Swallow Prior helps you distinguish between work, passion, and calling, recognize the many callings that shape your life over time, and cultivate a meaningful life—whatever your career—rooted in what is true, good, and beautiful. This study will lead us up to the special visit from Karen Swallow Prior in July.

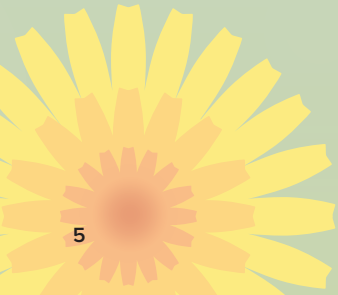
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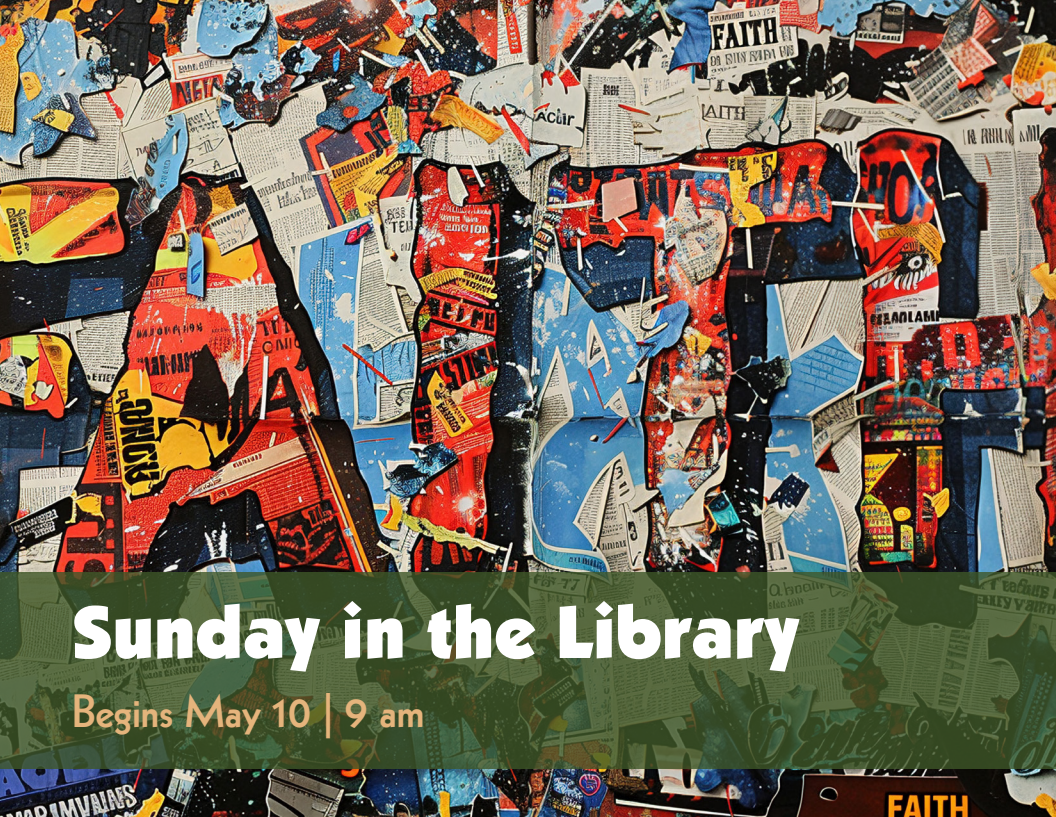
**A Joyful Life: Faith, Mind, and  
 Purpose in Philippians**

LED BY SCOTT CARLSON

What does it mean to live with joy, think deeply about your faith, and pursue a clear sense of purpose? In this three-week study of Philippians, beginning August 2 at 9:00 AM in the Parlor, Scott Carlson, MDiv, invites you to explore Paul’s vision for a life shaped by Christ. Focusing on themes of rejoicing, faithful thinking, and personal purpose, this class will help you connect belief with daily living. Participants will be encouraged to reflect on and begin articulating their own life purpose statement, inspired by Paul’s words. Join us for a meaningful and practical study of one of the New Testament’s most encouraging letters.

Questions? Contact Scott Carlson at [pstswc1977@gmail.com](mailto:pstswc1977@gmail.com)





# Sunday in the Library

Begins May 10 | 9 am



# Summer Page Turners

Book Studies @ Tab

## The Wired Word: Faith & the Headlines

How does Scripture speak to today's news? The Wired Word is a weekly Bible study that connects current events with biblical insight, helping participants reflect on the headlines through the lens of Christian faith. Each lesson includes a brief news summary, key Scripture passages, thoughtful discussion questions, and a closing prayer.

Designed for lively conversation and reflection, this class invites participants to explore how the Bible speaks to the complex issues shaping our world today.

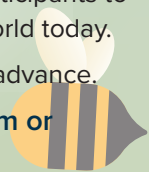
Please register so you can receive the weekly lesson materials in advance.

Questions? Contact Ellen Moeller at [ellensmoeller@gmail.com](mailto:ellensmoeller@gmail.com) or Bart Ost at [bart.ost@tabpres.org](mailto:bart.ost@tabpres.org)

## BOOKED FOR THE SUMMER!

### DISCOVER THE JOY OF A SUMMER BOOK READ

Imagine warm summer evenings filled with laughter, meaningful conversations, and spiritual insights. A summer Christian book read in a small group is more than just reading—it's about building trust, growing in faith, and sharing life's journey. As we explore inspiring books, we'll strengthen our relationship with God and each other, finding encouragement in every page and discussion. Whether seeking spiritual refreshment or fellowship, this is where faith flourishes and friendships deepen. Join us for a season of discovery, joy, and life-changing insights.





John  
Mark  
Comer

The  
Ruthless  
Elimination  
of  
Hurry

Foreword  
by  
John  
Ortberg

## The Ruthless Elimination of Hurry

A BOOK BY JOHN MARK COMER

BEGINS WEDNESDAY, MAY 27 | 7 PM | THE OST HOME

“Who am I becoming?” That was the question nagging pastor and author John Mark Comer. Outwardly, he appeared successful. But inwardly, things weren’t pretty. So he turned to a trusted mentor for guidance and heard these words: “Ruthlessly eliminate hurry from your life.” A growing number of voices are pointing at hurry, or busyness, as a root of much evil. Within the pages of this book, you’ll find a fascinating roadmap to staying emotionally healthy and spiritually alive in the chaos of the modern world. Gather at the Ost Home, 415 E 45th Street, Indy.

For additional information, contact Bart Ost at [bart.ost@tabpres.org](mailto:bart.ost@tabpres.org)



LARRY OSBORNE

ACCIDENTAL  
PHARISEES

AVOIDING PRIDE,  
EXCLUSIVITY,  
AND THE  
OTHER DANGERS  
OF OVER-ZEALOUS  
FAITH

## Accidental Pharisees: Avoiding Pride, Exclusivity, and the Other Dangers of Overzealous Faith



A BOOK BY LARRY OSBORNE

BEGINS SUNDAY, MAY 31 | 5:30 PM | IN-HOME & ONLINE

While recent calls for radical Christians have challenged many to be more passionate about their faith, the down side can be a budding arrogance and self-righteousness that “accidentally” sneaks into our outlook. Zealous faith can have a dangerous, dark side.

In *Accidental Pharisees*, bestselling author Larry Osborne diagnoses nine of the most common traps that can ensnare Christians on the road to a deeper life of faith. Rejecting attempts to turn the call to follow Christ into a new form of legalism, he shows readers how to avoid the temptations of pride, exclusivity, legalism, and hypocrisy,

Larry reminds us that attempts to fan the flames of full-on discipleship and call people to Christlikeness should be rooted in love and humility; otherwise it can devolve into a personal brand one insists everyone should carry.

Questions? Contact: Jeff Poole at [jpooleamail@gmail.com](mailto:jpooleamail@gmail.com)





## Upcoming Events

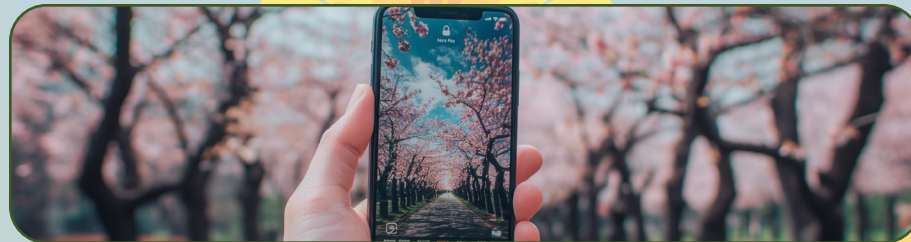
Special Opportunities @ Tab



## Take A Tour of Tab

SUNDAY, MAY 3 | 11:15 AM | SANCTUARY

Interested in finding out more about the history, the architecture and the symbolism hidden away in our beautiful church? Join Matt Kauffman as he gives a wonderful presentation on what makes Tab so special. Go grab a cookie and a cup of coffee and meet in the front of the Sanctuary around 11:15a. Come and find out about all the nooks and crannies and their special meanings hidden throughout our wonderful building!



## iPhone Camera Photography: Seeing Beauty Through a Lens

SATURDAY, JULY 18 | 9 AM–12 PM

Join us for a hands-on class exploring the art of iPhone photography as part of our Arts and Faith initiative. An experienced instructor will introduce practical techniques and little-known features of the iPhone camera that can help you capture striking, beautiful images. During the final hour, participants will explore our historic church building, photographing meaningful objects and people while reflecting on their artistic and symbolic significance. Refreshments will be served, and participants of all ages are welcome. Please pre-register.

Contact: Bart Ost at [bart.ost@tabpres.org](mailto:bart.ost@tabpres.org)



## Summer Fellowship at the Gardens

SUNDAY, JUNE 7 | 2 PM | NEWFIELDS

Join us for a relaxing afternoon together at The Gardens at Newfields. Enjoy 52 acres of beautiful horticulture, summer colors, winding paths, and peaceful spaces that delight the senses. After exploring the Gardens, we will gather at the Garden Terrace for food and refreshments in a welcoming outdoor setting. The menu includes local beers, sandwiches, salads, bratwursts, and Bavarian pretzels.

Newfields Entrance Fee: Adults \$23 | Seniors (65+) \$20 | Youth (6–17) \$15 | Children 5 & under Free.

Contact: Bart Ost at [bart.ost@tabpres.org](mailto:bart.ost@tabpres.org)



## An Evening with Karen Swallow Prior

WEDNESDAY, JULY 15 | 7 PM–8:30 PM | SANCTUARY

We are excited to welcome the community for a special lecture with Karen Swallow Prior on her new book, *You Have a Calling: Finding Your Vocation in the True, Good, and Beautiful*. A reader, writer, speaker, and professor at Bethel Seminary, Prior is widely known for helping Christians connect faith, literature, and everyday life.

In this presentation, she will explore how vocation is about more than a job—it is about discovering how our lives participate in the true, the good, and the beautiful in service to God and neighbor.

This event is free and open to all.

Contact: Bart Ost at [bart.ost@tabpres.org](mailto:bart.ost@tabpres.org)



## Music for a Mission: An Afternoon Concert for MusicEdFest

SUNDAY, JULY 26 | 2 PM–4 PM | TAB SANCTUARY

Join us for a special afternoon of music in support of MusicEdFest, a nonprofit devoted to nurturing young musicians in the Dominican Republic. Featured performers include Pavel Polanco-Safadit, Leah Crane, and the Covenant Community Choir. Refreshments will follow the performance.

MusicEdFest provides instruments, scholarships, workshops, and performance opportunities for talented students who might otherwise lack access to musical training. Through mentorship and education, the program helps young musicians discover their voices, build confidence, and pursue futures that once seemed beyond reach.

For Pavel, this mission is deeply personal. A mentor once introduced him to music and helped shape his path as a musician. Today, he is passionate about supporting MusicEdFest's growing community of educator-artists who guide and inspire the next generation of Dominican musicians.

Come enjoy a meaningful afternoon of music while helping open doors for young artists. Your presence and support can help change lives through the power of music.

Contact: Lean Crane at [leahnataliecrane@gmail.com](mailto:leahnataliecrane@gmail.com)



## Spiritual Growth Open House: Garden Party in the Parlor

AUGUST 16 | 11 AM | PARLOR

Join us in the Parlor after the 10am worship service for live music, lemonade and iced tea, or an Arnold Palmer! Sweet summer treats will be served as the Spiritual Growth Team hosts an open house unveiling our Fall 2026 programming catalog. Let's celebrate together the glory of God's creation and our fellowship in Christ as Summer gives way to a new season of Fall!



## Monday – Saturday

Weekly Opportunities @ Tab



## 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](mailto:ellensmoeller@gmail.com)  
or Ann Ost at [bostfricke@aol.com](mailto: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. This summer, Women Alive will read and discuss three books (one per month) at three monthly meetings (dates to be determined) each on a Tuesday from 9:30–11:30 AM in a member’s home (also to be determined).

Contact: Sally John at [sallybjohn@gmail.com](mailto:sallybjohn@gmail.com)



## Tuesday Prayer Meeting

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](mailto: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!



## 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 [dconrads@yahoo.com](mailto:dconrads@yahoo.com)



## Daughters of Dorcas

2ND & 4TH SAT | 10 AM–12 PM | 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](mailto:ngordon774@aol.com)



## 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 June 24th through Thanksgiving, participants can pick up shares of lovely winter produce in the Dining Room at Tab between 10 AM–12 PM. 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](mailto:sallybjohn@gmail.com)

Learn more at  
[FreshStop.org](https://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 you to be part of Open Door. Logon to your Realm Connect app and navigate to the Serving screen or contact the Community Ministry Coordinator to get connected to this life-giving ministry.

We are also currently hoping to start a Bible Study during Open Door, and so are looking for additional volunteers who would be willing and able to lead such on a semi-weekly basis.

Contact: Mike O'Banyel at [mike.obanyel@tabpres.org](mailto: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.

### 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](mailto:bostfricke@aol.com) to learn more



Learn more at  
[heartchangeindy.org](http://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](mailto:bart.ost@tabpres.org)



Learn more at  
[midnorthfoodpantry.org](http://midnorthfoodpantry.org)





## The Spiritual Growth Team

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

Beth Ahearn: [bahearn3@sbcglobal.net](mailto:bahearn3@sbcglobal.net)

Janet Hohlt: [jrqueenofhearts1@gmail.com](mailto:jrqueenofhearts1@gmail.com)

Linda McCabe: [lkmccabe@outlook.com](mailto:lkmccabe@outlook.com)

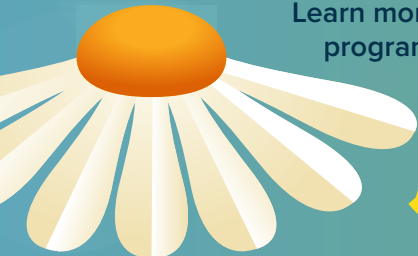
Ellen Moeller: [ellensmoeller@gmail.com](mailto:ellensmoeller@gmail.com)

Jeanne Morton: [jmorton@c21scheetz.com](mailto:jmorton@c21scheetz.com)

Bart Ost, Spiritual Growth Director: [bart.ost@tabpres.org](mailto:bart.ost@tabpres.org)

Jeff Poole: [jpoolemail@gmail.com](mailto:jpoolemail@gmail.com)

Learn more about our Adult Ministry programs at [tabpres.org/Adults](http://tabpres.org/Adults)



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