

TALITHA KOUM

Making alumni feel seen, known and loved as we arise together.



A CONTINUED WALKTHROUGH OF WHAT WE TEACH STUDENTS, ALUMNI AND PARISHIONERS ABOUT DISCIPLESHIP.

Dear partners in this wonderful mission,

Last month, we talked about how disciples walked so close to their rabbi they would get covered in his dust as a symbol of his immense impact of every aspect of their lives (find that edition [here](#)). October's topic is "[Prayer—Spiritual Breathing.](#)"

I'm unintentionally going to start a *Chosen* kick here with another reference to the series, but I think this scene illustrates how one can be covered in the dust of a rabbi's prayer life. Jesus, after a day spent healing, tells his apostles he is going off to pray. One of the them quickly asks Jesus to teach them to pray like he does, just as John the Baptizer taught his disciples (Luke 11:1-4).

Jesus teaches them the Our Father. This simple prayer showcases the depth of friendship that Jesus has with God, trusting in him for provision and forgiveness. And friendship—intimate conversations with our Father—is what prayer is.

What it takes for us to grow in this friendship with God is consistency, quiet and simplicity.

Consistency is about praying daily for similar periods of time. Paul tells us to train like athletes (1 Cor 9:25). You wouldn't call someone an Olympian if all they did was a one-hour workout once a week! It's better to start small (try 5-10 minutes) each day at the same time.

Quiet is about settling your heart and mind so that you can pay attention to God. I have a good friend who call her prayer "quiet time with Jesus" and I think that's exactly what we're talking about. Look for a certain space—a favorite chair, a church, outdoors—that will help with any restlessness you feel in prayer.

Simplicity is about figuring out what you do in prayer. Don't overwhelm yourself by bringing the biggest books or most complicated prayers. Start with just a few lines of Scripture and have a conversation with God about how they apply to your life. You can also talk to God about any trials or triumphs in your life, and listen for his reassurance.

Do you yearn for greater intimacy with your Father? Where could you grow in consistency, quiet or simplicity in order to deepen your friendship with God?

Take some time to pray with these questions. If you're looking for more, I adapted this from the FOCUS Discipleship Article by the same name, hyperlinked above. Next month's topic: Fellowship.

In Christ,
Katherine

APOSTOLATE UPDATE

I was talking to a good friend recently, and she used the phrase “unique God-given mission.” I love it because it tells us that everyone is called to holiness, but our unique states in life will make it look different. Now that I’m not a campus missionary, I live out that unique God-given mission at work, and in my new parish.

At work, I spend a lot of time on social media marketing our in-person events. Were you ever a camp counselor, or part of a tight-knit group of coworkers? Imagine having a reunion with them all. Our alumni events are a little like that, but with formation in the faith thrown in. While I never would have expected to get excited about getting 71 likes on Facebook, metrics now remind me that our alumni are greeting each other in person, feeling encouraged by each other in their unique missions.

In our parish, St. Agnes & St. Cecelia, Cody and I have started having other families over. We invite them for after-Mass brunch or weekday dinner, and just get to know them! We love having people over (even if our tiny home feels little crowded with six adults and eight kids!)



RECENT ALUMNI EVENTS IN BOSTON AND NASHVILLE.
MY JOB IS HELPING GET PEOPLE TO THESE EVENTS!

PRAYER REQUESTS

OUR WEDDING PARTY

~For the teenagers in our Confirmation class. We shared the Gospel with them all this month!

~For our friends Jacob & Kalina and their kids as they move to Pennsylvania.

~For the 218 alumni who have already signed up to join us at our January conference in St. Louis, SEEK.

~For our friends Mickey & Morgan, who are having a baby boy in November. Cody & I are going to be his godparents! (Mickey is the tallest groomsmen, on the end—>)



BR: Andy, Dan, Ben, Bob Eby

MR: Anne, Will, Mercedes Eby

FR: Angela, Erin, Madison, me, Cody, Zach, Mickey



In Christ,

Katherine Eby
Katherine (Stevenson) Eby

Found in Mark 5:35-43, *talitha koum* means “little girl, arise!” We are called to be the little girl—to be redeemed through Jesus’ love for us, and arise to live life as His disciples. It tops every newsletter as a reminder to see, know and love those around me, helping them arise to spread love of God in their homes, schools, and workplaces.