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Ephesus Notes



A Catholic Newsletter Dedicated to Our Lady of Ephesus

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FRIDAY, OCTOBER 30, 2026

MONTH OF THE HOLY ROSARY

TODAY'S SAINT

October 30: no saint on the U.S. calendar. From the Roman Martyrology:

St. Marcellus, a Christian centurion in the Roman army, would not take part in the pagan sacrifices for the Emperor Maximian's birthday in the year 298. In front of his company he threw down his military belt, his arms and his vine staff, the badge of a centurion, saying that he was a soldier of Jesus Christ, the eternal King. He was sent to Tangier in Africa, sentenced to death and beheaded on October 30. His relics were later taken to León in Spain.



Altarpiece and shrine of St. Marcellus, Church of San Marcelo, León, Spain. Photo: Bocachete, public domain

QUOTE OF THE DAY

"I said aloud that I was a Christian, and could serve no other than Jesus Christ, the Son of God."

—*St. Marcellus, to his judge (Butler's Lives)*

SAINT MICHAEL PRAYER

Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who prowl throughout the world seeking the ruin of souls.

Amen.

(St. Lucy Prayer Book)

CATHOLIC TRIVIA

Q: Which court clerk was martyred for refusing to write down St. Marcellus's death sentence?

A: St. Cassian of Tangier (feast December 3).

Mary, Virgin most powerful, Pray for us.

Recommended Prayer Brochure: M14 MI Consecration Prayer



Daily Gospel Word Find Puzzle

(Luke 14:1-6, October 30, 2026)

Find the all-capitalized words in bold print.

L	J	H	I	H	O	M	E	A	K	C	P	Q	I	C
K	E	E	S	A	B	B	A	T	H	P	P	U	T	A
G	W	A	S	I	D	I	S	M	I	S	S	E	D	R
L	C	L	D	C	L	B	Y	E	W	T	F	S	V	E
A	U	E	I	I	H	E	P	T	R	P	D	T	S	F
W	R	D	G	S	N	O	N	E	T	V	J	I	M	U
F	E	N	H	T	A	G	L	T	O	U	I	O	V	L
U	D	I	N	E	J	L	I	A	D	P	I	N	N	L
L	C	R	D	R	O	P	S	Y	R	M	L	F	G	Y
V	U	S	P	N	P	H	A	R	I	S	E	E	S	G

On a **SABBATH** Jesus went to **DINE**
at the **HOME** of one of the **LEADING**
PHARISEES,

and the **PEOPLE** there were **OBSERVING**
him **CAREFULLY**.

In front of him there was a man suffering
from **DROPSY**.

Jesus spoke to the **SCHOLARS** of the law
and Pharisees in reply, asking,

“Is it **LAWFUL** to **CURE** on the sabbath or
not?”

But they kept **SILENT**; so he took the man
and,
after he had **HEALED** him, **DISMISSED**
him.

Then he said to them

“Who among you, if your son or ox falls into
a **CISTERN**,

would not immediately pull him out on the
sabbath day?”

But they were unable to answer his
QUESTION.

Gospel text: Lectionary for Mass (USCCB), Friday of the Thirtieth Week in Ordinary Time.

FROM THE CATECHISM

443. What is the meaning of the words of our Lord, “Adore the Lord your God and worship Him alone” (Matthew 4:10)?

These words mean to adore God as the Lord of everything that exists; to render to him the individual and community worship which is his due; to pray to him with sentiments of praise, of thanks, and of supplication; to offer him sacrifices, above all the spiritual sacrifice of one’s own life, united with the perfect sacrifice of Christ; and to keep the promises and vows made to him.

Compendium of the Catechism of the Catholic Church, Q. 443