



†
J.M.J.

Ephesus Notes



A Catholic Newsletter Dedicated to Our Lady of Ephesus

A free publication designed by Fr. F. Gruber for the needs of the elderly. Prepared with the help of Grok. ©2026 Archives available at www.mothersforpriests.org/ephesus-notes

VOLUME 4 · ISSUE 33 THURSDAY, NOVEMBER 19, 2026 MONTH OF THE HOLY SOULS IN PURGATORY

TODAY'S SAINT

November 19: no saint on the U.S. calendar. From the Roman Martyrology:

St. Mechtilde of Helfta was born about 1241 to a noble family and entered the monastery at Helfta as a girl. She trained the choir there, and her singing was so lovely that Christ called her His "nightingale." Her visions were written down in the "Book of Special Grace." She taught St. Gertrude and died on November 19, 1298.

CATHOLIC TRIVIA

Q: St. Mechtilde's elder sister was abbess of Helfta. What was her name?

A: Gertrude of Hackeborn, not the St. Gertrude whom Mechtilde taught.

FROM THE ROMAN MARTYROLOGY

✙ **St. Barlaam**, a farmer of Antioch, who was forced to hold burning coals and incense in his hand to offer to the gods, but kept the faith.



Sts. Mechtilde and Gertrude, ceiling fresco by Immozenz Anton Warathy (c. 1720)

QUOTE OF THE DAY

"Never has there arisen one like to her in our monastery; nor, alas! I fear, will there ever arise another such!"

—St. Gertrude, of St. Mechtilde

ST. MECHTILDE'S "OUR FATHER" (FIRST PART)

Our Father who art in heaven. I beg of Thee, loving Father, to pardon the souls in purgatory for not having worshiped Thee as they ought, but for having shut their hearts to Thee who did desire to dwell there. To atone for their faults, I offer Thee the love and honour Thy cherished Son rendered Thee while on Earth and the abundant satisfaction by which He paid the debt of all their sins.

(Mothers for Priests brochure PS8)

For the tepid, who devoted little time to prayer, my Jesus mercy!

Recommended Prayer Brochure: PSL Litany for the Poor Souls



Daily Gospel Word Find Puzzle

(Luke 19:41-44, November 19, 2026)

Find the all-capitalized words in bold print.

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

As Jesus drew near **JERUSALEM**,
he saw the **CITY** and **WEPT** over it, saying,
“If this day you only knew what makes for
PEACE—
but now it is **HIDDEN** from your **EYES**.
For the days are coming upon you
when your **ENEMIES** will raise a **PALISADE**
against you;

they will **ENCIRCLE** you and hem you in on
all **SIDES**.
They will **SMASH** you to the **GROUND** and
your **CHILDREN** within you,
and they will not leave one **STONE** upon
another within you
because you did not **RECOGNIZE** the time
of your **VISITATION**.”

Gospel text: Lectionary for Mass (USCCB), Thursday of the Thirty-third Week in Ordinary Time.

FROM THE CATECHISM

571. What is contemplative prayer?

Contemplative prayer is a simple gaze upon God in silence and love. It is a gift of God, a moment of pure faith during which the one praying seeks Christ, surrenders himself to the loving will of the Father, and places his being under the action of the Holy Spirit. Saint Teresa of Avila defines contemplative prayer as the intimate sharing of friendship, “in which time is frequently taken to be alone with God who we know loves us.”

Compendium of the Catechism of the Catholic Church, Q. 571