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J.M.J.



# Ephesus Notes

*A Catholic Newsletter Dedicated to Our Lady of Ephesus*

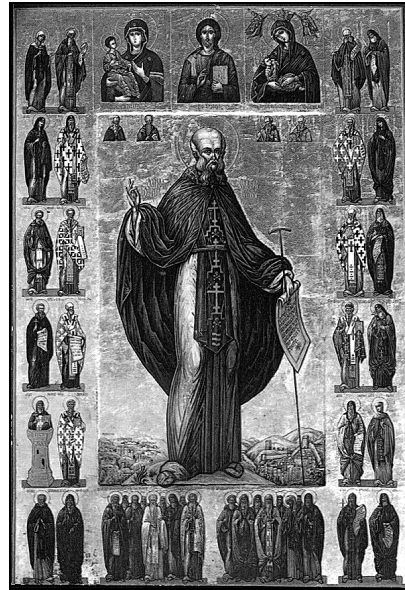
A free publication designed by Fr. F. Gruber for the needs of the elderly. Prepared with the help of Grok. ©2026 Archives available at [www.mothersforpriests.org/ephesus-notes](http://www.mothersforpriests.org/ephesus-notes)

VOLUME 4 · ISSUE 49 SATURDAY, DECEMBER 5, 2026 MONTH OF THE IMMACULATE CONCEPTION

## SAINT OF THE DAY

**December 5: St. Sabas, Abbot  
(Roman Martyrology).**

**St. Sabas** was born in Cappadocia in 439. After years as a monk he lived as a hermit near Jerusalem, and disciples gathered round him. In 483 he founded the Great Laura in the Kidron valley, now called Mar Saba, one of the oldest monasteries in the world still lived in. He defended the faith of the Council of Chalcedon and died in 532, at about ninety-three.



*St. Sabas the Sanctified, icon*

## QUOTE OF THE DAY

“He will be gracious to you when you cry out, as soon as he hears he will answer you.”

—Isaiah 30:19 (today's first reading)

## PRAYER OF THOMAS A KEMPIS

God, our Father, we are exceedingly frail and indisposed to every virtuous and gallant undertaking. Strengthen our weakness, we beseech You, that we may do valiantly in this spiritual war; help us against our own negligence and cowardice, and defend us from the treachery of our unfaithful hearts, for Jesus Christ's sake.

(St. Lucy Prayer Book)

## CATHOLIC TRIVIA

**Q:** Which ancient church on Rome's Aventine Hill bears St. Sabas's name?

**A:** San Saba, begun by monks of his monastery who fled to Rome in the 600s.

**Mary, Singular vessel of devotion, Pray for us.**

Recommended Prayer Brochure: H02 Scriptural Litany of Humility



# Daily Gospel Word Find Puzzle

(Matthew 9:35–10:1, 5a, 6-8, December 5, 2026)

*Find the all-capitalized words in bold print.*

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

Jesus went around to all the **TOWNS** and **VILLAGES**,  
**TEACHING** in their **SYNAGOGUES**,  
proclaiming the **GOSPEL** of the **KINGDOM**,  
and **CURING** every **DISEASE** and **ILLNESS**.  
At the sight of the **CROWDS**, his heart was  
moved with **PITY** for them  
because they were **TROUBLED** and  
**ABANDONED**,  
like **SHEEP** without a **SHEPHERD**.  
Then he said to his disciples,  
“The **HARVEST** is abundant but the  
**LABORERS** are few;  
so ask the master of the harvest  
to send out laborers for his harvest.”

Then he summoned his **TWELVE** disciples  
and gave them authority over unclean spirits  
to drive them out  
and to cure every disease and every illness.  
Jesus sent out these Twelve after instructing  
them thus,  
“Go to the lost sheep of the house of Israel.  
As you go, make this proclamation: ‘The  
Kingdom of heaven is at hand.’  
Cure the sick, raise the dead,  
cleanse **LEPERS**, drive out **DEMONS**.  
Without cost you have received; without cost  
you are to give.”

*Gospel text: Lectionary for Mass (USCCB), Saturday of the First Week of Advent.*

## FROM THE CATECHISM

### 192. What is the consecrated life?

The consecrated life is a state of life recognized by the Church. It is a free response to a special call from Christ by which those consecrated give themselves completely to God and strive for the perfection of charity moved by the Holy Spirit. This consecration is characterized by the practice of the evangelical counsels.

*Compendium of the Catechism of the Catholic Church, Q. 192*