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Ephesus Notes



A Catholic Newsletter Dedicated to Our Lady of Ephesus

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VOLUME 4 · ISSUE 51 MONDAY, DECEMBER 7, 2026 MONTH OF THE IMMACULATE CONCEPTION

TODAY'S SAINT

December 7: St. Ambrose, Bishop and Doctor of the Church.

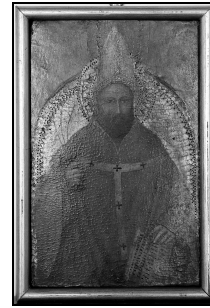
St. Ambrose was the Roman governor at Milan when the bishop died in 374. He went to the church to keep order at the election, and the people cried out for him as bishop, though he was still only a catechumen. Within a week he was baptized and consecrated. A great preacher and writer of hymns, he baptized St. Augustine at Easter 387. He died on Holy Saturday, April 4, 397.

FROM THE CATECHISM

87. In what way is Jesus Christ true God and true man?

Jesus is inseparably true God and true man in the unity of his divine Person. As the Son of God, who is "begotten, not made, consubstantial with the Father," he was made true man, our brother, without ceasing to be God, our Lord.

*Compendium of the Catechism of the Catholic Church,
Q. 87*



St. Ambrose, Giusto de' Menabuoi (1363)

QUOTE OF THE DAY

"Christ is everything for us. ... If you fear death, He is life; if you desire heaven, He is the way."

—*St. Ambrose, On Virginity (16, 99)*

ST. AMBROSE'S PRAYER TO GOD THE FATHER

O Lord, who has mercy upon all, take away from me my sins, and mercifully kindle in me the fire of Your Holy Spirit. Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore You, a heart to delight in You, to follow and to enjoy You, for Christ's sake.

(St. Lucy Prayer Book)

CATHOLIC TRIVIA

Q: What legend explains why St. Ambrose is often shown with a beehive?

A: As a baby, bees are said to have swarmed over his mouth, a sign of his "honeyed" eloquence.

Mary, Mother most pure, Pray for us.

Recommended Prayer Brochure: IH1 Immaculate Heart of Mary Litany St JHN



Daily Gospel Word Find Puzzle

(Luke 5:17-26, December 7, 2026)

Find the all-capitalized words in bold print.

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

One day as Jesus was **TEACHING**,
PHARISEES and teachers of the **LAW**,
who had come from every village of
GALILEE and **JUDEA** and **JERUSALEM**,
were sitting there,
and the power of the Lord was with him for
HEALING.
And some men brought on a **STRETCHER** a
man who was **PARALYZED**;
they were trying to bring him in and set him
in his presence.
But not finding a way to bring him in because
of the crowd,
they went up on the **ROOF**
and **LOWERED** him on the stretcher through
the **TILES**
into the middle in front of Jesus.
When Jesus saw their **FAITH**, he said,
“As for you, your sins are **FORGIVEN**.”
Then the **SCRIBES** and Pharisees began to
ask themselves,
“Who is this who speaks **BLASPHEMIES**?

Who but God alone can forgive sins?”
Jesus knew their thoughts and said to them in
reply,
“What are you thinking in your hearts?
Which is easier, to say, ‘Your sins are
forgiven,’
or to say, ‘Rise and walk’?
But that you may know
that the Son of Man has **AUTHORITY** on
earth to forgive sins” –
he said to the one who was paralyzed,
“I say to you, rise, pick up your stretcher, and
go home.”
He stood up immediately before them,
picked up what he had been lying on,
and went home, **GLORIFYING** God.
Then **ASTONISHMENT** seized them all and
they glorified God,
and, struck with awe, they said,
“We have seen **INCREDIBLE** things today.”