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# Ephesus Notes



*A Catholic Newsletter Dedicated to Our Lady of Ephesus*

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VOLUME 4 · ISSUE 60 WEDNESDAY, DECEMBER 16, 2026 MONTH OF THE IMMACULATE CONCEPTION

## SAINT OF THE DAY

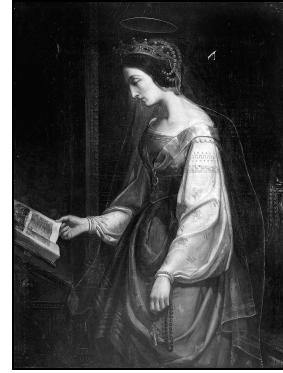
**December 16: St. Adelaide,  
Empress (Roman Martyrology).**

**St. Adelaide** was born in Burgundy around 931 and married Lothair, King of Italy. Left a widow, she was imprisoned by the usurper Berengar in a castle on Lake Garda, but escaped and married Otto the Great, with whom she was crowned Empress in Rome in 962. As regent she ruled wisely and generously, built monasteries and churches and helped the poor. She died at her abbey of Selz in Alsace on December 16, 999.

## CATHOLIC TRIVIA

**Q:** According to the chroniclers, how did St. Adelaide escape from her prison?

**A:** Through a tunnel dug for her by a priest named Martin.



*St. Adelaide, Abel Terral (1839)*

## QUOTE OF THE DAY

“Let justice descend, O heavens, like dew from above, like gentle rain let the skies drop it down. Let the earth open and salvation bud forth.”

—Isaiah 45:8 (today's first reading)

## THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help or sought thy intercession, was left unaided.

Inspired by this confidence, We fly unto thee, O Virgin of virgins my Mother; to thee do we come, before thee we stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer them. Amen.

(St. Lucy Prayer Book)

**Mary, offspring of kings, Pray for us.**

Recommended Prayer Brochure: IH2 Litany of the Immaculate Heart



# Daily Gospel Word Find Puzzle

(Luke 7:18b-23, December 16, 2026)

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

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

At that time,  
John **SUMMONED** two of his **DISCIPLES**  
and **SENT** them to the **LORD** to ask,  
“Are you the one who is to come, or should  
we look for another?”  
When the men came to the Lord, they said,  
“John the **BAPTIST** has sent us to you to ask,  
‘Are you the one who is to come, or should we  
look for another?’”  
At that time **JESUS CURED** many of their  
**DISEASES, SUFFERINGS,** and evil  
**SPIRITS;**

he also granted **SIGHT** to many who were  
**BLIND.**

And Jesus said to them in reply,  
“Go and tell John what you have seen and  
heard:  
the blind regain their sight,  
the **LAME WALK,**  
**LEPERS** are **CLEANSED,**  
the **DEAF** hear, the dead are **RAISED,**  
the **POOR** have the good news proclaimed to  
them.  
And blessed is the one who takes no  
**OFFENSE** at me.”

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

## FROM THE CATECHISM

**94. What is the meaning of the expression “conceived by the power of the Holy Spirit...”?**

This expression means that the Virgin Mary conceived the eternal Son in her womb by the power of the Holy Spirit without the cooperation of a man. The angel told her at the Annunciation that “the Holy Spirit will come upon you” (Luke 1:35).

*Compendium of the Catechism of the Catholic Church, Q. 94*