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Ephesus Notes

A Catholic Newsletter Dedicated to Our Lady of Ephesus

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VOLUME 4 · ISSUE 63 SATURDAY, DECEMBER 19, 2026 MONTH OF THE IMMACULATE CONCEPTION

SAINT OF THE DAY

December 19: Pope St. Anastasius I (Roman Martyrology).

St. Anastasius I, a Roman, was pope from 399 to 401. He condemned errors drawn from the writings of Origen and encouraged the bishops of Africa in their struggle with the Donatists. He was buried in the cemetery of Pontian on the Via Portuensis.



Pope St. Anastasius I, portrait

CATHOLIC TRIVIA

Q: How did St. Jerome, who knew him, describe Pope St. Anastasius I?

A: As a man "of the richest poverty."

FROM THE CATECHISM

552. How can adoration be defined?

Adoration is the humble acknowledgement by human beings that they are creatures of the thrice-holy Creator.

*Compendium of the Catechism of the Catholic Church,
Q. 552*

QUOTE OF THE DAY

"O Root of Jesse's stem, sign of God's love for all his people: come to save us without delay!"

—Gospel Acclamation, December 19

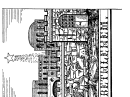
A PRAYER FOR TRUST AND CONFIDENCE IN GOD'S MERCY (ST. PIO)

O Lord, we ask for a boundless confidence and trust in Your Divine Mercy, and the courage to accept the crosses and sufferings which bring immense goodness to our souls and that of Your Church. Help us to love You with a pure and contrite heart, and to humble ourselves beneath Your cross, as we climb the mountain of holiness, carrying our cross that leads to heavenly glory.

(St. Lucy Prayer Book)

Mary, Queen of prophets, Pray for us.

Recommended Prayer Brochure: JB1 Litany of Saint John the Baptist



Daily Gospel Word Find Puzzle

(Luke 1:5-25, December 19, 2026)

Find the all-capitalized words in bold print.

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

In the days of **HEROD**, King of **JUDEA**,
there was a **PRIEST** named **ZECHARIAH**
of the priestly division of **ABIJAH**;
his wife was from the daughters of Aaron,
and her name was **ELIZABETH**.

Both were **RIGHTEOUS** in the eyes of God,
observing all the commandments
and ordinances of the Lord blamelessly.
But they had no child, because Elizabeth was
BARREN

and both were advanced in years.
Once when he was serving as priest
in his division's turn before God,
according to the practice of the priestly service,
he was chosen by lot
to enter the **SANCTUARY** of the Lord to burn
INCENSE.

Then, when the whole assembly of the people was
praying outside
at the hour of the incense offering,
the angel of the Lord appeared to him,
standing at the right of the **ALTAR** of incense.
Zechariah was troubled by what he saw, and fear
came upon him.

But the angel said to him, "Do not be afraid,
Zechariah,
because your prayer has been heard.
Your wife Elizabeth will bear you a son,
and you shall name him John.
And you will have **JOY** and **GLADNESS**,
and many will rejoice at his birth,
for he will be great in the sight of the Lord.
He will drink neither wine nor strong drink.
He will be filled with the Holy Spirit even from his
mother's womb,
and he will turn many of the children of Israel

to the Lord their God.

He will go before him in the spirit and power of
ELIJAH

to turn the hearts of fathers toward children
and the disobedient to the understanding of the
righteous,

to prepare a people fit for the Lord."

Then Zechariah said to the angel,
"How shall I know this?

For I am an old man, and my wife is advanced in
years."

And the angel said to him in reply,
"I am **GABRIEL**, who stand before God.

I was sent to speak to you and to announce to you this
good news.

But now you will be **SPEECHLESS** and unable to talk
until the day these things take place,
because you did not believe my words,
which will be fulfilled at their proper time."

Meanwhile the people were waiting for Zechariah
and were amazed that he stayed so long in the
sanctuary.

But when he came out, he was unable to speak to
them,

and they realized that he had seen a **VISION** in the
sanctuary.

He was **GESTURING** to them but remained mute.

Then, when his days of ministry were completed, he
went home.

After this time his wife Elizabeth conceived,
and she went into **SECLUSION** for five months,
saying,

"So has the Lord done for me at a time when he has
seen fit
to take away my **DISGRACE** before others."