

January 2022

			Riota	_				
S	unday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ab - Abbot Ap - Apostle B - Bishop BVM - Bless C - Confessor Comp Com D - Doctor of Ev - Evangeli	ed Virgin Mary r npanions 'the Church	у	M - Martyr Mm - Martyrs P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoration	which together are less that Abstinence = Meat (and so	n the full meal, are also per oup or gravy made from me	2		Holy Day of Obligation First Saturday
White	†	2	White 3	Red 4	White 5	White 6	White 7	White
(Octave Da	y Name of J ay of Saint Ster rst Martyr))		Octave Day of Saint John	Octave Day of Holy Innocents	Vigil of the Epiphany (Saint Telesphorus, PM)	The Epiphany of Our Lord Jesus Christ	First Friday Abstinence Within the Octave	Within the Octave
White	†	9	White 10	White 11	White 12	White 13	White 14	White 15
Mary	Family: Je, and Josepl	h	Within the Octave	Within the Octave (Saint Hyginus, PM)	Within the Octave	Octave Day of Epiphany of Our Lord Jesus Christ	Abstinence Saint Hilary, BCD (Saint Felix of Nola, Priest, M)	Saint Paul, the First Hermit C (Saint Maurus, Ab)
Green	†	16	White 17	White 18	Red 19	Red 20	Red 21	Red 22
Е	ınday after o piphany Marcellus I, PM		Saint Anthony, Ab	Saint Peter's Chair at Rome (Saint Prisca, VM) (Saint Paul, Ap)	Saint Marius & Comp., Mm (Saint Canute IV, King of Denmark, M)	Saints Fabian, P, & Sebastian, Mm	Abstinence Saint Agnes, VM	Ss. Vincent & Anastasius, Mm
Green	† 23	3/30	Red White 24/31	White 25	Red 26	White 27	White 28	White 29
(Saint Rayr (Saint E	y after of Epipl nund of Pennaford Emerentiana, VM) y after of Epipl at Martina, VM)	t, C)	Saint Timothy, BM Saint John Bosco, C	Conversion of Saint Paul, Ap (Commemoration of Saint Peter, Ap)	Saint Polycarp, BM	Saint John Chrysostom, BCD	Abstinence Saint Peter Nolasco, C (Saint Agnes (2nd time), VM)	Saint Francis de Sales, BCD



February 2022

		CAVERNICAIN		J			
Su	ınday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ab - Abbot Ap - Apostle		M - Martyr Mm - Martyrs	Red 1	White 2	Red 3	White 4	Red 5
B - Bishop BVM - Blessed C - Confessor Comp Compa D - Doctor of th Ev - Evangelist	anions he Church	P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoration		Purification of the Blessed Virgin Mary	Saint Blaise of Sebaste, BM	First Friday	First Saturday Saint Agatha of Catania, VM
Green	† 6	White	7 White 8	White 9	White 10	White 11	Green 12
Epi (Saint	day after of iphany Titus, BC) Porothy, VM)	Saint Romuald, Ab	Saint John of Matha, C	Saint Cyril of Alexandria, BCD (Saint Apollonia, VM)	Saint Scholastica of Nursia, V	Abstinence Apparition of Our Lady of Lourdes	6th Sunday after of Epiphany [anticipated] (The Seven Holy Founders of the Servites, Cc)
Violet	† 13	Red 14	1 Red 15	Violet 16	Violet 17	Red 18	White 19
Septuages	sima Sunday	Saint Valentine, Priest, M	Ss. Faustinus & Jovita, Mm	Ferial Day	Ferial Day	Abstinence Saint Simeon, BM	Our Lady's Saturday
Violet	† 20	Violet 2	White 22	White 23	Red 24	Violet 25	White 26
Sexagesi	ima Sunday	Ferial Day	Saint Peter's Chair at Antioch, Ap (Commemoration of Saint Paul, Ap)	Saint Peter Damian, BCD (Vigil of Saint Matthias)	Saint Matthias, Ap	Abstinence Ferial Day	Our Lady's Saturday
Violet	† 27	Violet 2	\mathbf{g} Day of Fast = Only one for	all meal is allowed, at whic	h meat may be taken. Two	other meatless meals, whic	h together are less than the
(Saint Gabrie	esima Sunday el of Our Lady of rows, C)	Ferial Day	full meal, are also permitted Abstinence = Meat (and so	ed. oup or gravy made from me	eat) may not be taken at all. up or gravy made from mea		



March 2022

;	Sunday		Monda	ay	Tuesday		We	dnesday	!	Thursday		Friday		Saturday
Ab - Abbot Ap - Apostle			M - Martyr Mm - Martyrs		Violet	1	Violet	2	Violet	3	White		4 v	iolet
C - Confesso Comp Con	ompanions of the Church	ry	P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Cor	nmemoration	Ferial Day		Al	ny of Fast ostinence Wednesday		Day of Fast Ferial Day		First Friday Abstinence Day of Fast Saint Casimir, C (Saint Lucius I, PM)	× *	First Saturday Day of Fast Ferial Day
Violet	†	6	White	7	White	8	White	9	Red	10	Violet	1	1 w	hite 1
	unday of Le		Day of F Saint Thomas A		Day of Fast Saint John of God	, C	Partia Emb	ty of Fast Il Abstinence er Wednesday ces of Rome, W		Day of Fast Holy Martyrs of Sebaste		Day of Fast Abstinence Ember Friday Ferial Day		Day of Fast Partial Abstinence Ember Saturday Saint Gregory the Grea PCD
Violet	†	13	Violet	14	Violet	15	Violet	16	White	17	White	1	8 %	white 1
2nd S	Sunday of Le	ent	Day of F Ferial D		Day of Fast Ferial Day			ıy of Fast rial Day	Sai	Day of Fast ant Patrick, BC	Saint	Day of Fast Abstinence Cyril of Jerusalem BCD	s S	Day of Fast aint Joseph, Spouse of t BVM, C
Violet	†	20	White	21	White	22	Violet	23	White	24	White	2	_	iolet 2
3rd Si	unday of Le	ent	Day of F Saint Benedict Ab		Day of Fast Saint Isidore the Farm	ner, C		y of Fast crial Day		Day of Fast abriel the Archangel		Day of Fast Abstinence nunciation of the ssed Virgin Mary	~	Day of Fast Ferial Day
/iolet Rose)	†	27	White	28	Violet	29	Violet	30	Violet	31				al is allowed, at which mass meals, which together
(Saint Jo	unday of Le ohn Damascene, aetare Sunday)	CD)	Day of F Saint John of Ca		Day of Fast Ferial Day			ty of Fast crial Day		Day of Fast Ferial Day	less that Abstine not be t Partial	n the full meal, are a nce = Meat (and sou aken at all.	ilso pe up or ; Abstin	ermitted. gravy made from meat) n ence = Meat (and soup



April 2022

			CALENDAR	_	- P					
	Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
C - Confesso Comp Co	sed Virgin Ma or mpanions of the Church	ary	M - Martyr Mm - Martyrs P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoration	meatless meals, which togeth Abstinence = Meat (and sou	ner are less than the full meal p or gravy made from meat)		First Friday	White 2 First Saturday Day of Fast Saint Francis of Paola, C		
Violet	†	3	White 4	White 5	Violet 6	Violet 7	White 8	Violet		
Pas	sion Sunda	y	Day of Fast Saint Isidore, C	Day of Fast Saint Vincent Ferrer, C	Day of Fast Ferial Day	Day of Fast Ferial Day	Day of Fast Abstinence Seven Sorrows of the BVM	Day of Fast Ferial Day		
Violet	†	10	Violet 11	Violet 12	Violet 13	White 14	Black 15	Violet White 16		
Pa	lm Sunday		Day of Fast Monday in Holy Week (Saint Leo the Great, PCD)	Day of Fast Tuesday in Holy Week	Day of Fast Wednesday in Holy Week (Saint Hermenegild, M)	<i>Day of Fast</i> Maundy Thursday	Day of Fast Abstinence Good Friday	Day of Fast and Abstinence Holy Saturday		
White	†	17	White 18	White 19	White 20	White 21	White 22	White 23		
Ea	ster Sunday	7	Easter Monday	Easter Tuesday	Easter Wednesday	Easter Thursday	Abstinence Easter Friday	Easter Saturday		
	J					(Saint Anselm, BCD)	(Ss. Soter & Caius, PpMm)	(Saint George of Cappadocia, M)		
White	†	24	Red 25	Red 26	White 27	White 28	Red 29	White 30		
(Saint Fide	ow Sunday lis of Sigmarin day after of Ea	. ,	Saint Mark, ApEv	Ss. Cletus & Marcellinus, PpMm	Saint Peter Canisius, CD	Saint Paul of the Cross, C (Saint Vitalis, M)	Abstinence Saint Peter of Verona, M	Saint Catherine of Siena, V		



May 2022

VATICANCATHOLIC.COM Most Holy Family Monastery

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red	† 1	White 2	Red 3	White 4	White 5	Red 6	Red 7
	Philip & James, Apostles unday after of Easter)	Saint Athanasius of Alexandria, BCD	Finding of the Holy Cross (Saint Alexander I, P, & Comp., Mm)	Solemnity of Saint Joseph, Spouse of the BVM, C (Saint Monica of Hippo, W)	Saint Pius V, PC (Within the Octave)	First Friday Abstinence Saint John before the Latin Gate, ApEv (Within the Octave)	First Saturday Saint Stanislaus, BM (Within the Octave)
White	† 8	White 9	White 10	White 11	Red 12	White 13	White 14
(Apparition	day after of Easter on of Saint Michael the Archangel) ithin the Octave)	Saint Gregory Nazianzen, BCD (Within the Octave)	Saint Antoninus, BC (Within the Octave) (Ss. Gordianus & Epimachus, Mm)	Octave Day of the Solemnity of Saint Joseph, Spouse of the BVM	Saint Nereus & Comp., Mm	Abstinence Saint Robert Bellarmine, BCD	Our Lady's Saturday (Saint Boniface of Tarsus, M)
White	† 15	White 16	White 17	Red 18	White 19	White 20	White 21
	day after of Easter Baptist de La Salle, C)	Saint Ubaldus, BC	Saint Paschal Baylon, C	Saint Venantius of Camerino, M	Saint Peter Celestine, PC (Saint Pudentiana, V)	Abstinence Saint Bernardine of Siena, C	Our Lady's Saturday
White	† 22	Violet 23	Violet 24	White 25	White † 26	White 27	White 28
5th Sun	day after of Easter	Rogation Day Ferial Day	Rogation Day Ferial Day	Rogation Day Saint Gregory VII, PC (Vigil of the Ascension of Jesus Christ) (Saint Urban I, PM)	Holy Day of Obligation Ascension of Our Lord Jesus Christ	Abstinence Saint Bede, the Venerable, CD (Within the Octave) (Saint John I, PM)	Saint Augustine of Canterbury, BC (Within the Octave)
White	† 29	White 30	White 31	Ab - Abbot Ap - Apostle	M - Martyr Mm - Martyrs	Day of Fast = Only one full r may be taken. Two other meat	
	hin the Octave ry Magdalene of Pazzi, V)	Within the Octave (Saint Felix I, PM)	Queenship of the BVM (Within the Octave) (Saint Petronilla, V)	B - Bishop BVM - Blessed Virgin Mary C - Confessor Comp Companions D - Doctor of the Church Ev - Evangelist	P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoration	less than the full meal, are also Abstinence = Meat (and soup on to be taken at all. Partial AbstinencePartial Abstinence meat) may be taken at all.	permitted. or gravy made from meat) mag tinence = Meat (and soup o

You can access the Traditional Catholic Calendar from the following webpage: vaticancatholic.com/catholic-calendar



June 2022

VATICANCATHOLIC.COM Most Holy Family Monastery

The same of the sa		SALE IN SALE					
;	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	•	I meal is allowed, at which meal ther are less than the full meal	•	White 1	White 2	White 3	Violet Red
Abstinend Partial A	ce = Meat (and sou	up or gravy made from meat) Abstinence = Meat (and sour	may not be taken at all.	Saint Angela Merici, V (Within the Octave)	Octave Day of the Ascension of Our Lord Jesus Christ (Saint Marcellinus & Comp., Mm)	First Friday Abstinence Ferial Day	First Saturday Partial Abstinence Day of Fast Vigil of Pentecost (Saint Francis Caracciolo, C)
Red	† 5	Red 6	Red 7	Red 8	Red 9	Red 10	Red 1
Pent	ecost Sunday	Pentecost Monday	Pentecost Tuesday	Day of Fast Partial Abstinence Ember Wednesday Pentecost Wednesday	Pentecost Thursday	Day of Fast Abstinence Ember Friday Pentecost Friday	Day of Fast Partial Abstinence Ember Saturday Saint Barnabas, Ap
				Tenecost wednesday	(Ss. Primus & Felician, Mm)	(Saint Margaret, Queen of Scotland, W)	(Pentecost Saturday)
White	† 12	White 13	White 14	Red 15	White 16	White 17	White 18
	rinity Sunday	Saint Anthony of Padua,		Saint Vitus of Lucania &		Abstinence	Within the Octave
(Saint Ba	nn of Saint Facundo, C) asilides & Comp., Mm) day after of Pentecost)	CD CD	Saint Basil the Great, BCD	Comp., Mm	Corpus Christi	Within the Octave	(Saint Ephrem, Deacon, CD) (Ss. Mark & Marcellianus, Mm)
Vhite	† 19	White 20	White 21	White 22	White 23	White 24	White 25
	thin the Octave	Within the Octave	Within the Octave	Within the Octave	Octave Day of Corpus Christi	Abstinence	Nativity of Saint John the Baptist [from June 24th]
(2nd Sun	aday after of Pentecost) rvase & Protase, Mm)	(Saint Silverius, PM)	(Saint Aloysius Gonzaga, C)	(Saint Paulinus of Nola, BC)	(Vigil of the Nativity of Saint John the Baptist [anticipated])	Sacred Heart of Jesus	(Saint William of Vercelli, Ab) (Within the Octave)
Vhite	† 26	White 27	Red 28	Red 29	Red 30	Ab - Abbot Ap - Apostle	M - Martyr Mm - Martyrs
Sacre	ithin the Octave of the ed Heart of Jesus John & Paul, Mm)	Within the Octave of the Sacred Heart of Jesus	Saint Irenaeus, BM (Within the Octave of the Sacred Heart of Jesus)	Ss. Peter & Paul, Apostles	Commemoration of Saint Paul, Ap (Within the Octave of the Sacred Heart of Jesus)	B - Bishop BVM - Blessed Virgin Mary C - Confessor	P - Pope Pp - Popes Ss Saints
(3rd Sun Within the Oc	day after of Pentecost) ctave of the Nativity of Saint ohn the Baptist)	(Within the Octave of the Nativity of Saint John the Baptist)	(Within the Octave of the Nativity of Saint John the Baptist) (Vigil of Ss. Peter & Paul, Apostles)	(Within the Octave)	(Within the Octave of the Ss. Peter & Paul, Apostles) (Saint Peter, Ap)	Comp Companions D - Doctor of the Church Ev - Evangelist	V - Virgin W - Widow (Saint -name-) - Commemoration

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July 2022

Andrew				<u>'</u>	<i>y</i>			
5	Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ab - Abbot Ap - Apostle B - Bishop BVM - Bless C - Confesso Comp Con D - Doctor of	sed Virgin or mpanions f the Churc	Mary	M - Martyr Mm - Martyrs P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoration	meatless meals, which togeth Abstinence = Meat (and sou	ner are less than the full meal p or gravy made from meat) bstinence = Meat (and soup	may not be taken at all. o or gravy made from meat)	First Friday Abstinence Most Precious Blood of Jesus Christ (Octave Day of the Sacred Heart of Jesus) (Within the Octave)	White First Saturday Visitation of the Blessed Virgin Mary (Octave Day of the Nativity of Saint Jol the Baptist) (Within the Octave) (Ss. Processus and Martinian, Mm)
Green	†	3	Red 4	White 5	Red 6	White 7	White 8	White
P (Sai	unday aft Pentecost nt Leo II, F hin the Oct	PC)	Within the Octave	Saint Anthony Mary Zaccaria, C (Within the Octave)	Octave Day of the Ss. Peter & Paul, Apostles	Ss. Cyril, BC, and Methodius, BC	Abstinence Saint Elizabeth, Queen of Portugal, W	Our Lady's Saturday
Green	†	10	Red 11	White 12	Red 13	White 14	White 15	White 16
P	unday aft Pentecost Ioly Brothe & Secund	ter of ers, Mm)	Saint Pius I, PM	Saint John Gualbert, Ab (Ss. Nabor & Felix, Mm)	Saint Cletus, PM	Saint Bonaventure of Bagnoregio, BCD	Abstinence Saint Henry II, Emperor of Germany, C	Our Lady of Mount Carme
Green	†	17	White 18	White 19	White 20	White 21	White 22	Red 23
P	unday aft Pentecost lexius of R		Saint Camillus de Lellis, C (Saint Symphorosa & her Seven Sons, Mm)	Saint Vincent de Paul, C	Saint Jerome Emilian, C (Saint Margaret of Antioch, VM)	Saint Praxedes, V	Abstinence Saint Mary Magdalene, Penitent	Saint Apollinaris of Ravenna, BM (Vigil of Saint James the Greater Apostle) (Saint Liborius, BC)
Green	†	24/31	Red 25	White 26	Red 27	Red 28	White 29	Red 30
(Sain 8th Sunda	ny after of Int Christina, Very after of Ingratius of Log	Pentecost	Saint James the Greater, Ap (Saint Christopher, M)	Saint Anne, Mother of the BVM, W	Saint Pantaleon, M	Ss. Nazarius & Celsus, Mm	Abstinence Saint Martha, V (Saint Felix II & Comp., Mm)	Ss. Abdon & Sennen, Mm



TRADITIONAL CATHOLIC CALENDAR

August 2022

YATICANCATHOLICACOM MOST HOLY FAMILY MONASTERY

S	unday		Monday	Tuesday		Wednesday	Thursday	Friday	Saturday
Ab - Abbot Ap - Apostle		,	White [White	2	Red 3	White 4	White 5	White 6
B - Bishop BVM - Blessor C - Confessor Comp Com D - Doctor of Ev - Evangeli	panions the Church	,	Saint Peter's Chains (Saint Paul, Ap) (Holy Machabees, Mm)	Saint Alphonsus Maria o Liguori, BCD (Saint Stephen I, PM)	de	Finding of the Body of Saint Stephen (First Martyr)	Saint Dominic de Guzmán, C	First Friday Abstinence Dedication of the Basilica of Our Lady of the Snows	First Saturday Transfiguration of Jesus Christ (Saint Sixtus II, P, & Comp., Mm)
Green	†	7	Red	W hite	9	Red 10	Red 11	White 12	Violet 13
Po (Saint Caj	enday after of entecost etan of Thiene,	, C)	Saint Cyriacus & Comp., Mm	Saint John Mary Vianne C (Vigil of Saint Lawrence) (Saint Romanus of Rome, M		Saint Lawrence the Archdeacon, M	Saint Tiburtius, M, & Susanna, VM	Abstinence Saint Clare, V	Vigil of the Assumption (Ss. Hippolytus & Cassian, Mm)
Green	†	14	White † 15	5 White 1	6	White 17	White 18	White 19	White 20
Po	unday after centecost t Eusebius, C)		Holy Day of Obligation Assumption of the Blesse Virgin Mary	Saint Joachim, Father of BVM, C	the	Saint Hyacinth of Cracow, C (Octave of Saint Lawrence) (Within the Octave)	Within the Octave (Saint Agapitus, M)	Abstinence Saint John Eudes, C (Within the Octave)	Saint Bernard, AbD (Within the Octave)
Green	†	21	White 22	White 2	23	Red 24	White 25	Red 26	White 27
Po (Saint Jane Fr	unday after centecost rances de Chan in the Octave)		Immaculate Heart of Mary (Saint Timothy & Comp., Mm)	(Vigil of the Saint Bartholome		Saint Bartholomew, Ap	Saint Louis IX, King of France, C	Abstinence Saint Zephyrinus, PM	Saint Joseph Calansanctius, C
Green	†	28	Red 29	White 3	80	White 31	M - Martyr Mm - Martyrs	Day of Fast = Only one full may be taken. Two other meat	
Po (Saint Augus	unday after of entecost stine of Hippo, t Hermes, M)		Beheading of Saint John the Baptist (Saint Sabina, M)	Saint Rose of Lima, V (Ss. Felix & Adauctus, Mm)		Saint Raymond Nonnatus,	P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoration	less than the full meal, are also Abstinence = Meat (and soup onot be taken at all. Partial AbstinencePartial Abstinence may be made in the material may be made may be m	permitted. or gravy made from meat) may tinence = Meat (and soup or



September 2022

An An	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	CALLENDAR	1				
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ab - Abbot Ap - Apostl		• •	l meal is allowed, at which m her are less than the full meal	•	White 1	White 2	White 3
C - Confess Comp Co		Abstinence = Meat (and sou	up or gravy made from meat) Abstinence = Meat (and soup	may not be taken at all.	Saint Giles, Ab (Twelve Holy Brothers, Mm)	First Friday Abstinence Saint Stephen, King of Hungary, C	First Saturday Saint Pius X, PC
Ev - Evange	elist				()		*
Green	†	White 5	Green 6	Green 7	White 8	White 9	White 10
13th S	Sunday after of Pentecost	Saint Lawrence Justinian, BC	Ferial Day	Ferial Day	Nativity of the Blessed Virgin Mary (Saint Hadrian, M)	Abstinence Saint Peter Claver, C (Saint Gorgonius, M)	Saint Nicholas of Tolentino.
Green	† 1	White 12	Green 13	Red 14	White 15		White 17
	Sunday after of Pentecost us & Hyacinth, Mm)	Most Holy Name of Mary	Ferial Day	Exaltation of the Holy Cross	Seven Sorrows of the BVM (Saint Nicomedes, M)	Abstinence Ss. Cornelius, P, & Cyprian, BMm (Saint Euphemia, V, & Comp., Mm)	Impression of the Stigmata of Saint Francis
Green	† 18	8 Red 19	Red 20	Red 21	White 22	Red 23	White 24
	Sunday after of Pentecost	Saint Januarius, B, & Comp., Mm	Saint Eustace & Comp., Mm	Day of Fast Partial Abstinence Ember Wednesday	Saint Thomas of Villanova, BC	Day of Fast Abstinence Ember Friday Saint Linus, PM	Day of Fast Partial Abstinence Ember Saturday
(Saint Jos	seph of Cupertino, C)	L.	(Vigil of Saint Matthew)	Saint Matthew, ApEv	(Saint Maurice & Comp., Mm)	(Saint Elitas, 1 W)	Our Lady of Ransom
Green	† 25	5 Red 26	Red 27	Red 28	White 29	White 30	M - Martyr Mm - Martyrs
	Sunday after of Pentecost	Saint Isaac Jogues & Comp., Mm (Ss. Cyprian & Justina, Mm)	Ss. Cosmas & Damian, Mm	Saint Wenceslaus, M	Dedication of Saint Michael the Archangel	Abstinence Saint Jerome, CD	P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoration



October 2022

	Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ab - Abbot Ap - Apostle B - Bishop BVM - Bless C - Confesso Comp Con D - Doctor o Ev - Evange	sed Virgin or mpanions of the Churc	Mary ch	M - Martyr Mm - Martyrs P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoratio	which together are less that Abstinence = Meat (and so Partial Abstinence Partial once.	full meal is allowed, at w n the full meal, are also per oup or gravy made from me	hich meat may be taken. The mitted. The sat may not be taken at all. The soup or gravy made from		First Saturday
Green	†	2	White	White 4	Red 5	White 6	White 7	White
I	Sunday af Pentecost Guardian A		Saint Therese of the Chil Jesus, V	Saint Francis of Assisi, C	Saint Placidus & Comp., Mm	Saint Bruno of Cologne, C	First Friday Abstinence The Most Holy Rosary (Saint Mark, PC) (Saint Sergius & Comp., Mm)	Saint Bridget of Sweden, V
Green	†	9	White 1	0 White 11	Green 12	White 13	Red 14	White 15
I (Saint .	Sunday af Pentecost John Leona is, B, & Co	ard, C)	Saint Francis Borgia, C	Maternity of the Blessed Virgin Mary	Ferial Day	Saint Edward, King of England, C	Abstinence Saint Callixtus I, PM	Saint Teresa of Avila, V
Green	†	16	White 1'	7 Red 18	White 19	White 20	White 21	White 22
I	Sunday af Pentecost		Saint Margaret Mary Alacoque, V	Saint Luke, Ev	Saint Peter of Alcantara, C	Saint John Cantius, C	Abstinence Saint Hilarion of Gaza, Ab (Saint Ursula & Comp., VvMm)	Our Lady's Saturday
Green White	†	23/30	White Violet 24/3	1 Red 25	Red 26	Violet 27	Red 28	White 29
Solemnit	ay after of	the King	Saint Raphael the Archangel Day of Fast Abstinence	Ss. Chrysanthus & Daria,	Saint Evaristus, PM	Vigil of Ss. Simon & Judas Thaddeus, Apostles	Abstinence	Our Lady's Saturday
(21st Sun	day after of P	entecost)	Vigil of All Saints				\sim	



TRADITIONAL CATHOLIC CALENDAR

November 2022

	Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ab - Abbot Ap - Apost			M - Martyr Mm - Martyrs	White † 1	Black 2	White 3	White 4	White 5
B - Bishop BVM - Ble C - Confess Comp Co	essed Virgin M sor ompanions of the Church	•	Pr - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoration	Holy Day of Obligation All Saints' Day	All Souls' Day	Within the Octave	First Friday Abstinence Saint Charles Borromeo, BC (Within the Octave) (Ss. Vitalis & Agricola, Mm)	First Saturday Within the Octave
Green	†	6	White 7	White 8	White 9	White 10	White 11	Red 12
	Sunday after Pentecost	er of	Within the Octave	Octave Day of All Saints' Day	Dedication of Basilica of Our Savior	Saint Andrew Avellino, C	Abstinence Saint Martin of Tours, BC	Saint Martin I, PM
(Wi	ithin the Octav	ve)		(Four Crowned Martyrs)	(Saint Theodore, M)	(Ss. Tryphon & Comp., Mm)	(Saint Mennas, M)	
Green	†	13	Red 14	White 15	White 16	White 17		White 19
	Sunday afte Pentecost	er of	Saint Josaphat Kuntsevych, BM	Saint Albert the Great, BCD	Saint Gertrude, Abbess, V	Saint Gregory Thaumaturgus, BC	Abstinence Dedication of the Basilicas of Ss. Peter & Paul	Saint Elizabeth of Hungary W
(Saint D	Didacus of Alca	ala, C)					~	(Saint Pontian, PM)
Green	†	20	White 21	Red 22	Red 23	White 24	Red 25	White 26
	Sunday afte Pentecost	er of	Presentation of the Blessed Virgin Mary	Saint Cecilia, VM	Saint Clement I, PM	Saint John of the Cross, CD	Abstinence Saint Catherine of	Saint Sylvester, Ab
(Saint	Felix of Valoi	is, C)	Virgin Mary		(Saint Felicitas, M)	(Saint Chrysogonus, M)	Alexandria, VM	(Saint Peter of Alexandria, BM)
Violet	†	27	Violet 28	Violet 29	Red 30		l meal is allowed, at which m	
1st Su	unday of Ad	lvent	Ferial Day	Vigil of Saint Andrew (Saint Saturninus, M)	Saint Andrew, Ap	Abstinence = Meat (and sou	her are less than the full meal p or gravy made from meat) in abstinence = Meat (and soup).	may not be taken at all.



December 2022

Sunday		Monday	Tuesday	Wednesday	Thu	rsday	Friday	Saturday
Ab - Abbot		M - Martyr	Day of Fast = Only one full n	· · · · · · · · · · · · · · · · · · ·		1) White
Ap - Apostle B - Bishop BVM - Blessed Virgin M C - Confessor Comp Companions D - Doctor of the Church Ev - Evangelist	Mary	Mm - Martyrs P - Pope Pp - Popes Ss Saints V - Virgin W - Widow (Saint -name-) - Commemoration	may be taken. Two other meat less than the full meal, are also Abstinence = Meat (and soup onot be taken at all. Partial Abstinence Partial Abs gravy made from meat) may be	less meals, which together are permitted. or gravy made from meat) may tinence = Meat (and soup or	Feria	∎ ıl Day	First Friday Abstinence Saint Bibiana, VM	First Saturday Saint Francis Xavier,
Violet †	4	Violet 5	White 6	White 7	White	8	White	White 1
2nd Sunday of A (Saint Peter Chrysology (Saint Barbara, V	us, BCD)	Ferial Day (Saint Sabbas, Ab)	Saint Nicholas of Myra, BC	Day of Fast Abstinence Saint Ambrose of Milan, BCD (Vigil of the Immaculate Conception of the BVM)	Immaculate (of Obligation Conception of BVM	Abstinence Within the Octave	Within the Octave (Saint Melchiades, PM)
Violet (Rose)	11	White 12	Red 13	White 14	White	15	Red 1	6 Violet 1
3rd Sunday of Ad (Within the Octave (Gaudete Sunday (Saint Damasus I, P	e)	Within the Octave	Saint Lucy, VM (Within the Octave)	Day of Fast Partial Abstinence Ember Wednesday Within the Octave	Immaculate (Day of the Conception of BVM	Day of Fast Abstinence Ember Friday Saint Eusebius of Vercell BM	Ferial Day
Violet †	18	Violet 19	Violet 20	Red 21	White	22	Violet 2.	3 Violet 2
4th Sunday of A	dvent	Ferial Day	Vigil of Saint Thomas Apostle	Saint Thomas, Ap		aces Xavier ini, V	Abstinence Ferial Day	Day of Fast Abstinence Vigil of the Nativity of C Lord Jesus Christ
White †	25	Red 26	White 27	Violet 28	Red	29	White 30	
<i>Holy Day of Oblig</i> Nativity of Our Lo Christ		Saint Stephen (First Martyr)	Saint John, ApEv	The Holy Innocents, Mm		homas of bury, BM	Abstinence Within the Octave	Saint Sylvester I, PC
(Saint Anastasia,		(Within the Octave)	(Within the Octave)	(Within the Octave)	(Within the	he Octave)		(Within the Octave)