



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Ab</b> - Abbot <b>Ap</b> - Apostle <b>B</b> - Bishop <b>BVM</b> - Blessed Virgin Mary <b>C</b> - Confessor <b>Comp.</b> - Companions <b>D</b> - Doctor of the Church <b>Ev</b> - Evangelist	<b>M</b> - Martyr <b>Mm</b> - Martyrs <b>P</b> - Pope <b>Pp</b> - Popes <b>Ss.</b> - Saints <b>V</b> - Virgin <b>W</b> - Widow <b>(Saint -name-)</b> - Commemoration	<b>Day of Fast</b> = Only one full meal is allowed, at which meat may be taken. Two other meatless meals, which together are less than the full meal, are also permitted. <b>Abstinence</b> = Meat (and soup or gravy made from meat) may <b>not</b> be taken at all. <b>Partial Abstinence</b> = Meat (and soup or gravy made from meat) <b>may be eaten only once</b> .			<b>Green</b> <b>1</b> <b>First Friday</b> <b>Abstinence</b> Ferial Day	<b>Red</b> <b>2</b> <b>First Saturday</b> Saint Bibiana, VM
<b>Violet</b> <b>3</b> 1st Sunday of Advent (Saint Francis Xavier, C)	<b>White</b> <b>4</b> Saint Peter Chrysologus, BCD (Saint Barbara, VM)	<b>Violet</b> <b>5</b> Ferial Day (Saint Sabbas, Ab)	<b>White</b> <b>6</b> Saint Nicholas of Myra, BC	<b>White</b> <b>7</b> <b>Day of Fast</b> <b>Abstinence</b> Saint Ambrose of Milan, BCD (Vigil of the Immaculate Conception of the BVM)	<b>White</b> <b>8</b> <b>Holy Day of Obligation</b> Immaculate Conception of the BVM	<b>White</b> <b>9</b> Within the Octave
<b>Violet</b> <b>10</b> 2nd Sunday of Advent (Within the Octave) (Saint Melchiades, PM)	<b>White</b> <b>11</b> Saint Damasus I, PC (Within the Octave)	<b>White</b> <b>12</b> Within the Octave	<b>Red</b> <b>13</b> Saint Lucy, VM (Within the Octave)	<b>White</b> <b>14</b> Within the Octave	<b>White</b> <b>15</b> <b>Abstinence</b> Octave Day of the Immaculate Conception of the BVM	<b>Red</b> <b>16</b> Saint Eusebius of Vercelli, BM
<b>Violet (Rose)</b> <b>17</b> 3rd Sunday of Advent (Gaudete Sunday)	<b>Violet</b> <b>18</b> Ferial Day	<b>Violet</b> <b>19</b> Ferial Day	<b>Violet</b> <b>20</b> <b>Day of Fast</b> <b>Partial Abstinence</b> Ember Wednesday Vigil of Saint Thomas Apostle	<b>Red</b> <b>21</b> Saint Thomas, Ap	<b>White</b> <b>22</b> <b>Day of Fast</b> <b>Abstinence</b> Ember Friday Saint Frances Xavier Cabrini, V	<b>Violet</b> <b>23</b> <b>Day of Fast</b> <b>Partial Abstinence</b> Ember Saturday Ferial Day
<b>Violet</b> <b>24/31</b> Vigil of the Nativity of Our Lord Jesus Christ Saint Sylvester I, PC (Within the Octave)	<b>White</b> <b>25</b> <b>Holy Day of Obligation</b> Nativity of Our Lord Jesus Christ (Saint Anastasia, M)	<b>Red</b> <b>26</b> Saint Stephen (First Martyr) (Within the Octave)	<b>White</b> <b>27</b> Saint John, ApEv (Within the Octave)	<b>Violet</b> <b>28</b> The Holy Innocents, Mm (Within the Octave)	<b>Red</b> <b>29</b> <b>Abstinence</b> Saint Thomas of Canterbury, BM (Within the Octave)	<b>White</b> <b>30</b> Within the Octave