



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