













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	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.			White  1 Holy Day of Obligation First Friday Circumcision of Our Lord Jesus Christ 	Red 2 First Saturday Octave Day of Saint Stephen (First Martyr) 
White  3 Most Holy Name of Jesus (Octave Day of Saint John)	Red 4 Octave Day of the Holy Innocents	White 5 Vigil of the Epiphany (Saint Telesphorus, PM)	White 6 The Epiphany of Our Lord Jesus Christ	White 7 Within the Octave	White 8 Abstinence Within the Octave 	White 9 Within the Octave
White  10 The Holy Family: Jesus, Mary, and Joseph (Within the Octave)	White 11 Within the Octave (Saint Hyginus, PM)	White 12 Within the Octave	White 13 Octave Day of the Epiphany of Our Lord Jesus Christ	White 14 Saint Hilary, BCD (Saint Felix of Nola, Priest, M)	White 15 Abstinence Saint Paul, the First Hermit, C (Saint Maurus, Ab)	Red 16 Saint Marcellus I, PM
Green  17 2nd Sunday after Epiphany (Saint Anthony, Ab)	White 18 Saint Peter's Chair at Rome (Saint Prisca, VM) (Saint Paul, Ap)	Red 19 Saint Marius & Comp., Mm (Saint Canute IV, King of Denmark, M)	Red 20 Saints Fabian, P, & Sebastian, Mm	Red 21 Saint Agnes, VM	Red 22 Abstinence Ss. Vincent & Anastasius, Mm 	White 23 Saint Raymund of Pennafort, C (Saint Emerentiana, VM)
Green  24/31 3rd Sunday after Epiphany (Saint Timothy, BM) <hr/> Septuagesima Sunday (Saint John Bosco, C)	White 25 Conversion of Saint Paul, Ap (Commemoration of Saint Peter, Ap)	Red 26 Saint Polycarp, BM	White 27 Saint John Chrysostom, BCD	White 28 Saint Peter Nolasco, C (Saint Agnes (2nd time), VM)	White 29 Abstinence Saint Francis de Sales, BCD 	Green 30 4th Sunday after Epiphany [anticipated] (Saint Martina, VM)