














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	White  1 <i>Holy Day of Obligation</i> Circumcision of Our Lord Jesus Christ	White 2 Most Holy Name of Jesus (Octave Day of Saint Stephen (First Martyr))	White 3 Octave Day of Saint John, ApEv	Red 4 Octave Day of the Holy Innocents, Mm	White 5 <i>First Friday</i> <i>Abstinence</i> Vigil of the Epiphany (Saint Telesphorus, PM)  	White 6 <i>First Saturday</i> The Epiphany of Our Lord Jesus Christ 
White  7 The Holy Family: Jesus, Mary, and Joseph (Within the Octave)	White 8 Within the Octave	White 9 Within the Octave	White 10 Within the Octave	White 11 Within the Octave (Saint Hyginus, PM)	White 12 <i>Abstinence</i> Within the Octave 	White 13 Octave Day of the Epiphany of Our Lord Jesus Christ
Green  14 2nd Sunday after the Epiphany (Saint Hilary, BCD) (Saint Felix of Nola, Priest, M)	White 15 Saint Paul, the First Hermit, C (Saint Maurus, Ab)	Red 16 Saint Marcellus I, PM	White 17 Saint Anthony, Ab	White 18 Saint Peter's Chair at Rome (Saint Prisca, VM) (Saint Paul, Ap)	Red 19 <i>Abstinence</i> Saint Marius & Comp., Mm (Saint Canute IV, King of Denmark, M) 	Red 20 Saints Fabian, P, & Sebastian, Mm
Green  21 3rd Sunday after the Epiphany (Saint Agnes, VM)	Red 22 Ss. Vincent & Anastasius, Mm	White 23 Saint Raymund of Pennafort, C (Saint Emerentiana, VM)	Red 24 Saint Timothy, BM	White 25 Conversion of Saint Paul, Ap (Commemoration of Saint Peter, Ap)	Red 26 <i>Abstinence</i> Saint Polycarp, BM 	Green 27 4th Sunday after the Epiphany [anticipated] (Saint John Chrysostom, BCD)
Violet  28 Septuagesima Sunday (Saint Peter Nolasco, C) (Saint Agnes (2nd time), VM)	White 29 Saint Francis de Sales, BCD	Red 30 Saint Martina, VM	White 31 Saint John Bosco, C	M - Martyr Mm - Martyrs P - Pope Pp - Popes Ss. - Saints V - Virgin W - Widow (Saint -name-) - Commemoration <i>Day of Fast</i> = 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. <i>Abstinence</i> = Meat (and soup or gravy made from meat) may <u>not</u> be taken at all. <i>Partial Abstinence</i> = Meat (and soup or gravy made from meat) may be eaten only once.		