



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	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 Circumcision of Our Lord Jesus Christ	Red 2 Octave Day of Saint Stephen (First Martyr)	White 3 First Friday Abstinence Octave Day of Saint John, ApEv	Red 4 First Saturday Octave Day of the Holy Innocents, Mm
White ✝ 5 Most Holy Name of Jesus (Vigil of the Epiphany) (Saint Telesphorus, PM)	White 6 The Epiphany of Our Lord Jesus Christ	White 7 Within the Octave	White 8 Within the Octave	White 9 Within the Octave	White 10 Abstinence Within the Octave	White 11 Within the Octave (Saint Hyginus, PM)
White ✝ 12 The Holy Family: Jesus, Mary, and Joseph (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 Saint Paul, the First Hermit, C (Saint Maurus, Ab)	Red 16 Saint Marcellus I, PM	White 17 Abstinence Saint Anthony, Ab	White 18 Saint Peter's Chair at Rome (Saint Prisca, VM) (Saint Paul, Ap)
Green ✝ 19 2nd Sunday after the Epiphany (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 Ss. Vincent & Anastasius, Mm	White 23 Saint Raymund of Pennafort, C (Saint Emerentiana, VM)	Red 24 Abstinence Saint Timothy, BM	White 25 Conversion of Saint Paul, Ap (Commemoration of Saint Peter, Ap)
Green ✝ 26 3rd Sunday after the Epiphany (Saint Polycarp, BM)	White 27 Saint John Chrysostom, BCD	White 28 Saint Peter Nolasco, C (Saint Agnes (2nd time), VM)	White 29 Saint Francis de Sales, BCD	Red 30 Saint Martina, VM	White 31 Abstinence Saint John Bosco, C	M: Martyr Mm: Martyrs P: Pope Pp: Popes Ss.: Saints V: Virgin W: Widow (Saint -name-): Commemoration