Catholic Calendar

for the

Gear of Our Lord

2022

NEW LAW OF EUCHARISTIC FAST

(From the Motu Proprio issued by

His Holiness Pope Pius XII, March 19, 1957)

1. Priests and faithful, before Holy Mass or Holy Communion, respectively, must abstain for three hours from solid foods and alcoholic beverages, and for one hour from non-alcoholic beverages. Water does not break the fast.

2. From now on, the fast must be observed for the period of time indicated in Number One, even by those who celebrate or receive Holy Communion at midnight or in the first hours of the day.

3. The infirm, even if not bed-ridden, may take non-alcoholic beverages and that which is really and properly medicine, either in liquid or solid form, before Mass or Holy Communion without any time limit.

We strongly exhort priests and faithful who are able to do so to observe the old and venerable form of the Eucharistic fast before Mass and Holy Communion. All those who will make use of these concessions must compensate for the good received by becoming shining examples of a Christian life and principally with works of penance and charity.

The dispositions of this Motu Proprio will go into effect on March 25, 1957, the Feast of the Annunciation of the Blessed Virgin Mary. Every disposition whatsoever to the contrary is abrogated, even if it is worthy of special mention.

Given at Rome at St. Peter's, March 19, the Feast of St. Joseph, Patron of the Universal Church, 1957, the 19th year of Our pontificate.



I. HOLY DAYS OF OBLIGATION

In U.S.A.:

All Sundays – The Circumcision, Jan. 1st – Ascension Day —The Assumption, Aug. 15th – All Saints Day, Nov.1st – Immaculate Conception, Dec. 8th. – Christmas, Dec. 25th.

In AUSTRALIA: Same as U.S.A., except Immaculate Conception.

II. Fasting and Abstinence-Days

Complete abstinence is to be observed on <u>Fridays, Ash Wednesday, the Vigils of the Immaculate Conception, Christmas, and on Holy Saturday</u>. On days of complete abstinence meat, and soup or gravy made from meat, <u>may not be used at all</u>; signified on the calendar by.

Partial abstinence is to be observed on Ember Wednesdays and Saturdays and on the Vigil of Pentecost. <u>On days of partial abstinence meat, and soup or gravy made from meat</u>, may be taken **only once a day** at the principal meal. Signified on the calendar by.

Fast—Everyone over 21 and under 59 years of age is also bound to observe the law of fast on the <u>week-</u> <u>days of Lent</u>, <u>Holy Saturday</u>, <u>Ember Days</u>, <u>Vigils of Pentecost</u>, <u>Immaculate Conception</u> and <u>Christmas</u>.

On days of fast <u>only one full meal is allowed</u>. Two other <u>meatless meals</u>, <u>sufficient to maintain strength</u>, may be taken according to each one's needs; <u>but together they should not equal another full meal</u>. There is no fast or abstinence if a vigil falls on a Sunday.

PLEASE NOTE:

- ~ This is not an official calendar of the Catholic Church. It was put together by a lay person for her own family using the Saint Andrew Daily Missal, Imprimatur 1951. All quotes taken from: Little Manual of the Sacred Heart, Imprimatur 1887
- ~ This year I have added some of the secular holidays as well as Daylight Savings Time.
- ~ PLEASE, PLEASE, PLEASE double check days of fast and abstinence. We are human and we make mistakes even with the best of intentions and a lot of proof reading. We feel guilty when someone doesn't fast or abstain because of an oversight or mistake on our part!
- There is one Sunday this year where an Immovable feasts supersedes the Sunday Mass.
 It is:

May 1st - SS Philip and James





Month of the Holy Name of Jesus

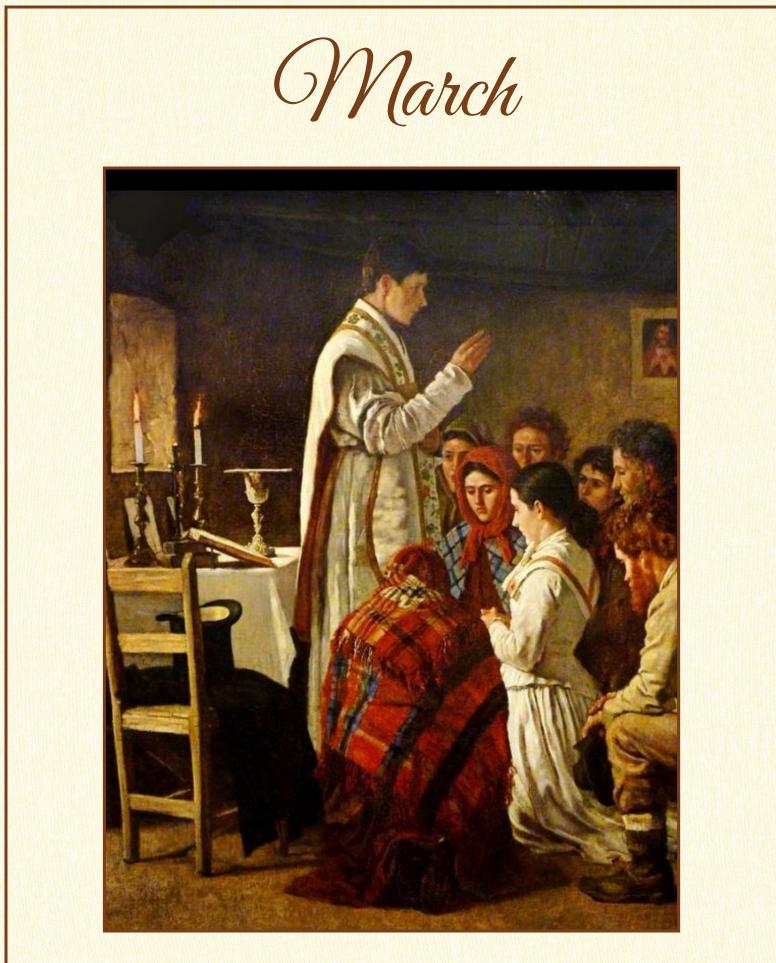
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Grant, O my Jesus, that in honoring thy Sacred Heart, we may learn to practice meek- ness and humility, obtain the peace Thou hast promised, and find rest to our souls. We beg of Thee this grace; Who livest and reignest with the Father and the Holy Ghost, world without end. Amen.							
V. Lord, hear V. Let us bless			And let my cry Thanks be to G		Divine Heart.	of Our Lord (holyday of obligation)	
May the souls	of the faithful	departed, thro	ough the mercy	of God, rest in	i peace. Amen.		
2 Feast of the Holy Name of Jesus	3	4	5	6 The Epiphany of Our Lord	7 First Friday	8	
	Octave of St. John, Apostle & Evangelist	Octave of the Holy Innocents	Vigil of the Epiphany		Comm: Mass of the Epiphany	Comm: Mass of the Epiphany	
9 Feast of the Holy Family	10	11	12	13 Octave of the Epiphany	14 💉	15	
	Comm: Sunday within the Octave of Epiphany	St. Hyginus, P	Comm: Mass of the Epiphany		St. Hilary, BD	St. Paul, The First Hermit	
16 2nd Sunday after Epiphany	17	18	19	20	21	22	
St. Marcellus, PM	St. Anthony, Ab	St. Peter's Chair at Rome	SS Marius, Mar- tha, Audifax & Abachum, MM	SS Fabian, P & St. Sebastian, MM	St. Agnes, VM	SS. Vincent & Anastasius, MM	
23 3rd Sunday after Epiphany St. Raymond of Penafort, C	24 St. Timothy, BM	25	26	27	28	29	
30 4th Sunday after Epiphany St. Martina, VM	31 St. John Bosco, C	The Conversion of St. Paul	St. Polycarp, BM	SS John Chrysostom, BCD	St. Peter Nolasco, C	St. Francis of Sales, BCD	



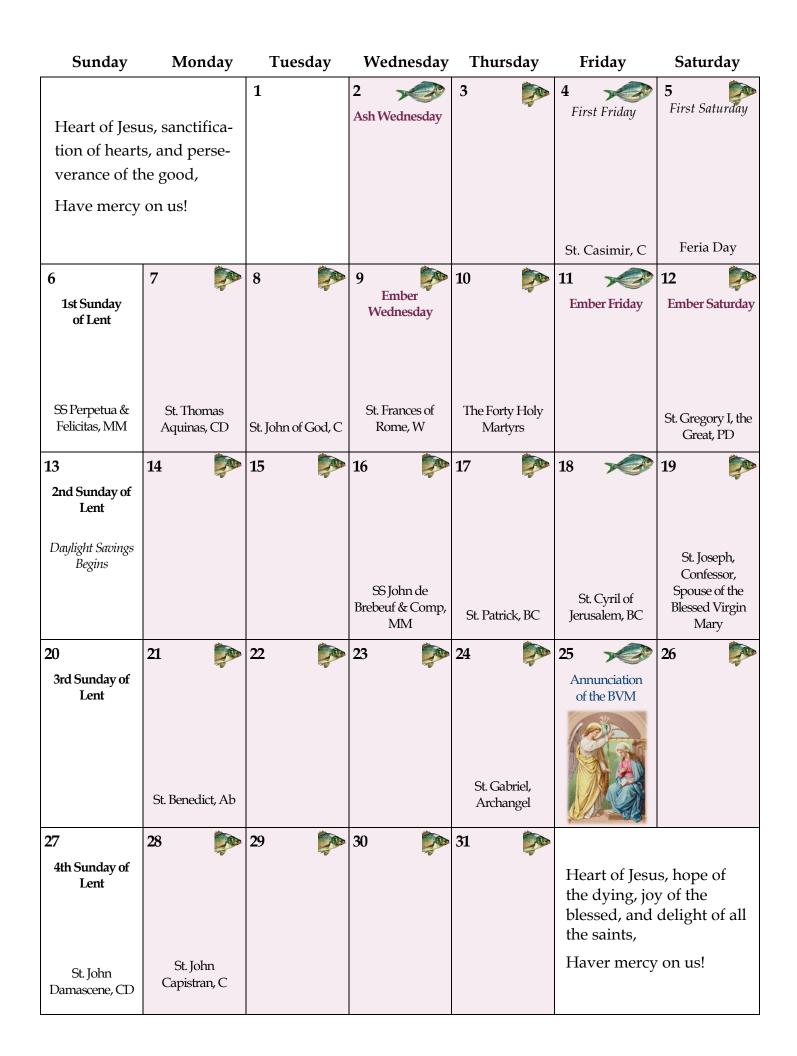


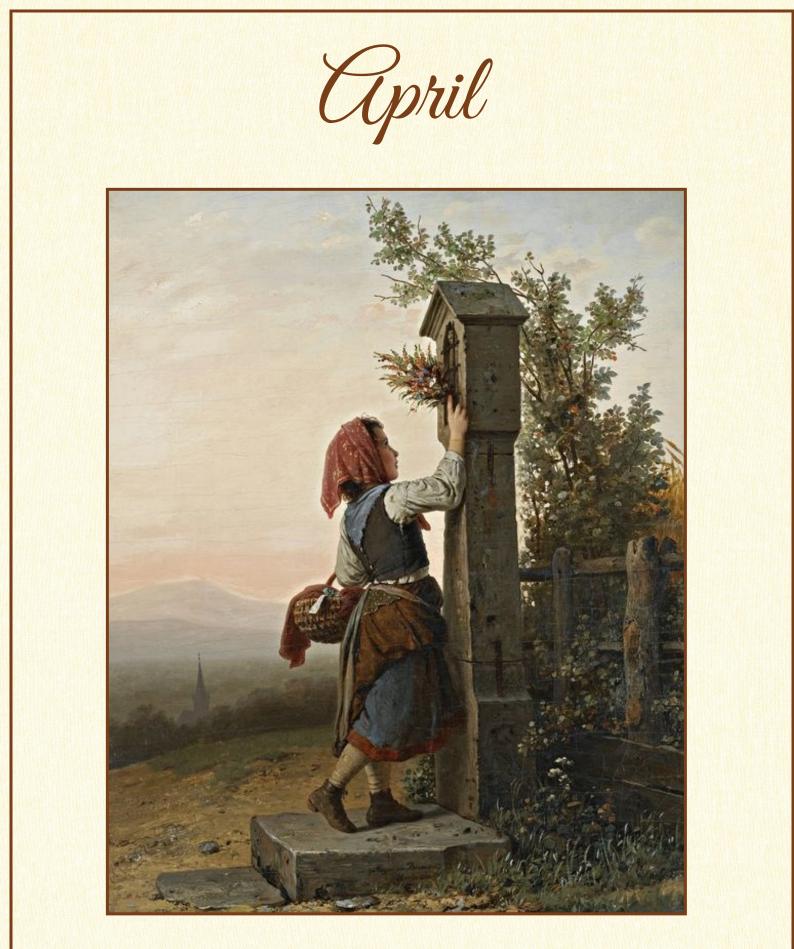
Month of the Holy Family

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
with love	V. Heart of Jesus burning with love for us.R. Inflame our hearts with		2 The Purification of the Blessed Virgin Mary or Candlemas	3	4 First Friday	5 First Saturday
		St. Ignatius, BM		St. Blaise, BM	St. Andrew Corsini, BC	St. Agatha, VM
6 5th Sunday after Epiphany	7	8	9	10	11 C.L. of Lourdes	12
St. Titus, BC	St. Romuald, Ab	St. John of Matha, C	St. Cyril of Alexandria, BCD	St. Scholastica, V		The Seven Holy Founders of the Servite Order, C
13 Septuagesima Sunday	14	15	16	17	18	19
	St. Valentine, PM	SS Faustina & Jovita, MM	Feria Day	Feria Day	St. Simeon, BM	Feria Day
20 Sexagesima Sunday	21	22	23	24	25 📌	26
	Feria Day	The Chair of St. Peter at Antioch	St. Peter Damian, BCD	St. Matthias, Apostle	Feria Day	Feria Day
27 Quinquagesima Sunday	28	Lord, we beseech Thee, let thy Holy Spirit kindle in our hearts that fire of charity which our Lord Jesus Christ, thy Son, sent forth from his inmost Heart upon this earth. and willed that it should burn with vehemence.				
St. Gabriel of Our Lady of Sorrows, C	Feria Day		and reigneth w forever and eve		unity of the sa	me Holy

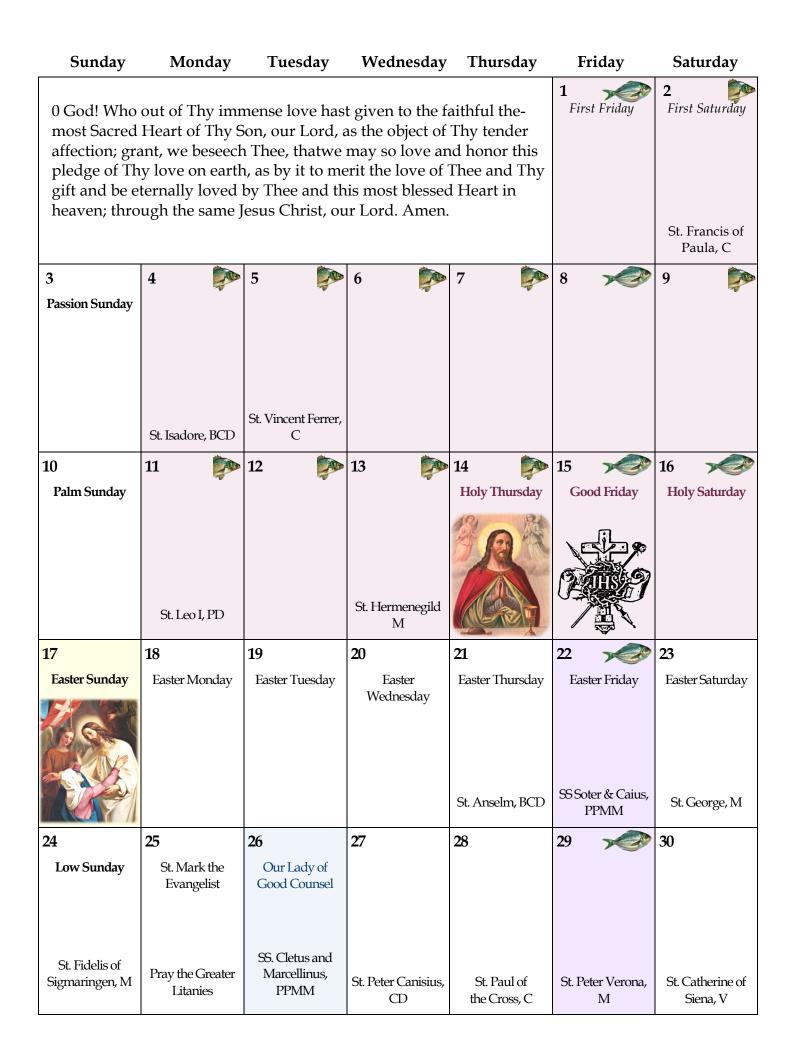


Month of Saint Joseph





Month of the Holy Ghost

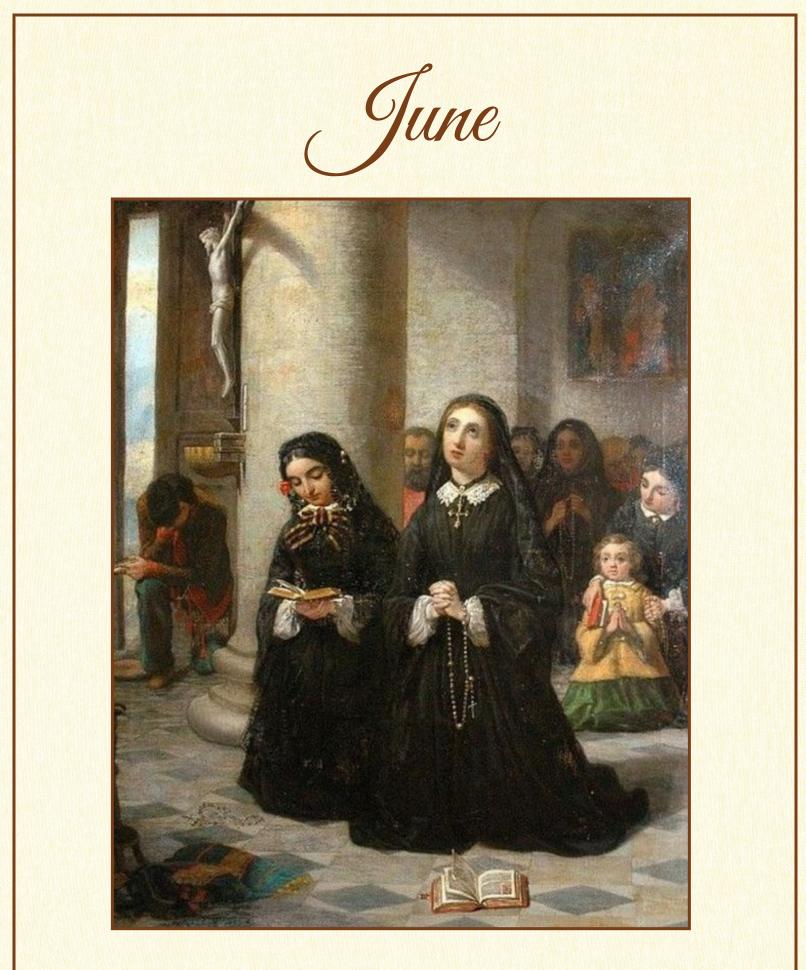






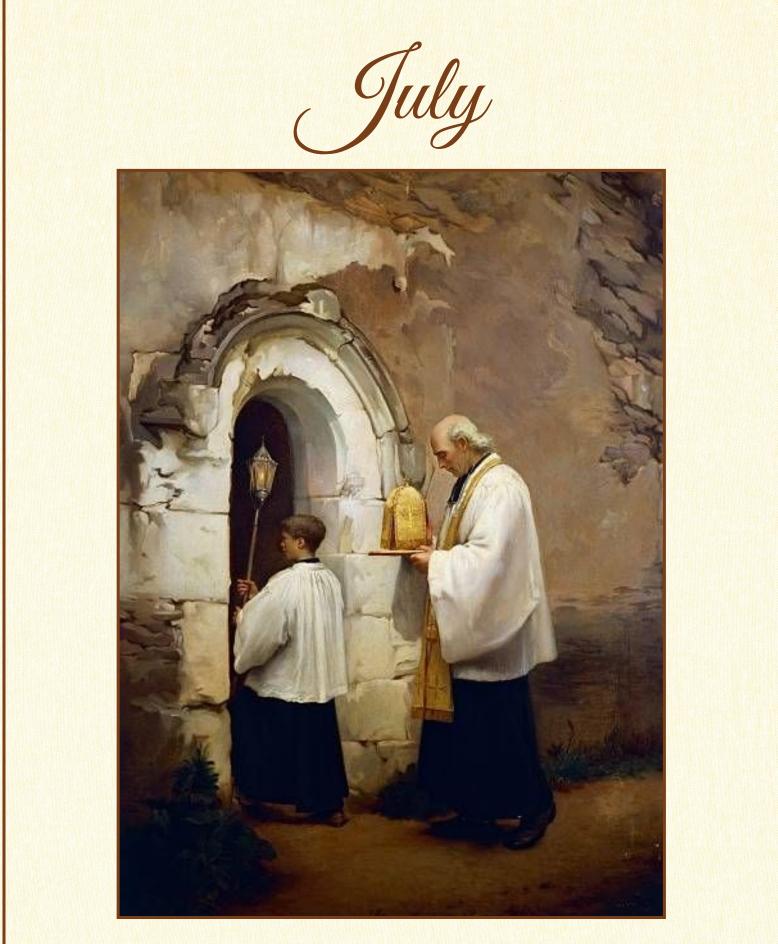
Month of the Blessed Virgin Mary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SS Philip & James, Apostles	2	3	4	5	6 First Friday	7 First Saturday
Comm: 2nd Sunday after Easter	St. Athanasius, CD	The Finding of the Holy Cross	St. Monica, W	St. Pius V, Pope	St. John before the Latin Gate	St. Stanislaus, BM
8 3rd Sunday after Easter (Mother's Day)	9	10	11	12	13	14
The Apparition of St. Michael the Archangel	St. Gregory Nazianzen, BCD	St. Antoninus, BC	Feria Day	SS Nereus, Achilleus, Domitilla & Pancras, MM	St. Robert Bellarmine, BCD	St. Boniface, M
15 4th Sunday after Easter	16	17	18	19	20	21
St. John Baptist de la Salle, C	St. Ubaldus, BC	St. Paschal Baylon, C	St. Venantius, M	St. Peter Celestine, P	St. Bernardine of Siena, C	Feria Day
22 5th Sunday after Easter	23 Rogation Day The Lesser Litanies	24 Rogation Day The Lesser Litanies	25 Rogation Day The Lesser Litanies	26 Ascension Thursday Holyday of obligation	27 📌	28
			St. Gregory VII, P	St. Philip Neri, C	St. Bede, The Venerable, CD	St. Augustine of Canterbury, Arch, C
29 Sunday within the Octave of the Ascension	30 Memorial Day	31 Queenship of the BVM		remem	ly Queen, my ber that I an me and guard	ı thine own,
St. Mary Magdalen dei Pazzi, V	St. Felix, PM	St Angela Merici, V		a	<i>operly and pos</i> Say three Hail M	session.



Month of the Sacred Heart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May the Heart of Jesus in the most Blessed Sacrament be praised, adored and loved with grateful affection, at eve- ry moment, in all the tabernacles of the world, even to the end of time. Amen. <i>An indulgence of 100 days, once a day.</i> – <i>Pius IX., Feb. 29, 1868.</i>			1	2 SS Marcellinus, Peter & Erasmus, BMM	3 First Friday	4 First Saturday Vigil of Pentecost St Francis Caracciolo, C
5 Pentecost Sunday	6 Monday after Pentecost	7 Tuesday after Pentecost	8 Ember Wednesday after Pentecost	9 Thursday after Pentecost SS Primus &	10 Ember Friday after Pentecost St Margaret, Queen of Scots	11 Ember Saturday after Pentecost
	St Norbert, BC	14	45	Felician, MM	45	10
12 Trinity Sunday St John of San Facondo, C	13 St Anthony of Padua, CD	14 St Basil the Great, CD	15 SS Vitus, Modes- tus & Crescentia, MM	16 Corpus Christi	17	18 St Ephrem, Deacon, CD
19	20	21	22	23	24 Feast of the	25
2nd Sunday after Pentecost St Juliana Falconieri, V	St Silverius, PM	St Aloysius, Gonzaga, C	St Paulinus, BC	The Vigil of St John the Baptist	The Nativity of St John the Baptist	St. William, Ab
26	27	28	29	30		
3rd Sunday after Pentecost SS John & Paul,	Within the Octave of St John the Bantist	St Irenzeus RM	The Holy Apostles Peter and Paul	Commemoration of St Paul, Apostle	Heart of Jes with a lance refuge of sir Have mercy	e, and the nners,
SS John & Paul, MM		St Irenaeus, BM	2		Have mercy	on us!



Month of the Most Precious Blood of Jesus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
wholly to the for all my un er to sin agai	sus, I (N. N.) g ee, out of the gr faithfulness to n. gence once a mo	1 First Friday Feast of the Most Precious Blood of Our Lord Jesus Christ	2 <i>First Saturday</i> The Visitation of the Blessed Virgin Mary			
3	4	5	6	7	8	9
4th Sunday after Pentecost	Within the Octave of the Holy Apostles	St Anthony-Mary	Octave-Day of SS Peter and Paul,	SS Cyril & Methodius,	St. Elizabeth, Queen	
St Leo II, Pope	Peter and Paul	Zaccaria, C	Apostles	BBCC	of Portugal	
10	11	12	13	14	15	16 Our Lady of Mt Carmel
5th Sunday after Pentecost Leslie Kosel Rest In Peace 2017 The Seven Brothers Mm SS Rufina & Secunda, VVMM	St Pius I, PM	St John Gualbert, Ab	St Anacletus, PM	St Bonaventure, BCD	St Henry Emperor, C	
17	18	19	20	21	22 🔊	23
6th Sunday after Pentecost St Alexius, C	St Camillus de Lellis, C	St Vincent de Paul, C	St Jerome Emilian, C	St Praxedes, V	St Mary Magdalen, Penitent	St Apollinaris, BM
24 7th Sunday	25	26	27	28	29 🔊	30
after Pentecost Vigil of St James, Apostle						
31 8th Sunday after Pentecost St Ignatius of Loyola, C	St. James, Apostle	St. Anne, Mother of the Blessed Virgin Mary	St Pantaleon, M	SS Nazarius & Celsus, MM Victor I, PM Innocent I, PM	St Martha, V	SS Abdon & Sennen, MM





Month of the Immaculate Heart of Mary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 St. Peter's Chains	2 St Alphonsus de Liguori, BCD	3 The Finding of the body of St. Stephen, the First Martyr	4 St. Dominic, C	5 First Friday The Dedication of the Church of O.L. of the Snows	6 First Saturday The Transfiguration of Our Lord Jesus Christ
7	8	9	10	11	12	13
9th Sunday after Pentecost	0	9	10	11		15
St. Cajetan, C	SS Cyriacus, Largus & Smaragdus, MM	St. John-Mary Vianney, C	St. Lawrence, Martyr	SS Tiburtius & Susanna, MM	St. Clare, V	SS Hippolytus & Cassian, MM
14 10th Sunday after Pentecost	15 Assumption of the B.V.M. Holyday of Obligation	16	17	18	19 📌	20
The Vigil of the Assumption of the B.V.M.		Richard Johnson Rest in Peace 2012 St Joachim, Father of the Blessed Virgin Mary, C	St. Hyacinth, C	Within the Octave of the Assumption	St. John Eudes, C	St Bernard, Ab D
21	22	23	24	25	26 🔊	27
11th Sunday after Pentecost	Immaculate Heart of Mary					
St Jane Frances de Chantal		St Philip Benizi, C	St Bartholomew, Apostle	St Louis, King and Confessor	St Zephyrinus, Pope and M	St Joseph Calasanctius, C
28 12th Sunday after Pentecost	29	30	31	Heart of Jesus comfort of the Have mercy o		he just, and
				Heart of Jesus and terror of	s, strength of tl the devils,	ne tempted,
St Augustine, BCD	The Beheading of St John the Baptist	St Rose of Lima, V	St Raymond Nonnatus, C	Have mercy of	on us!	





Month of the Seven Sorrows of the Blessed Virgin Mary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Wisdom divine doth ever dwell Within thy Sacred Heart ; The waters, then, of that pure well Sweet Lord, to us impart.				2 First Friday	3 First Saturday
	t Fount of trut Each erring the eet source of m Do thou our h	h, our souls ins ought reclaim ; ercy, with thy	-	St Giles, Ab	St Stephen, King, C	Feria Day
4 13th Sunday after Pentecost	5	6	7	8 The Nativity of the Blessed Virgin Mary	9	10
	St Laurence Justinian, BC	Feria Day	Feria Day		St Gorgonius, M	St Nicholas of Tolentino, C
11 14th Sunday after Pentecost SS Protus & Hyacinth, MM	12 The Most Holy Name of Mary	13 Feria Day	14 Exaltation of the Holy Cross	15 Seven Sorrows of the BVM	16 SS Cornelius & Cyprian, BBMM	17 Impression of the Stigmata of St Francis, C
18 15th Sunday after Pentecost	19	20	21 Ember Wednesday	22	23 Finday	24 Ember Saturday Our Lady of Ransom
St Joseph of Cupertino, C	SS Januarius & Comp. MM	SS Eustace & Comp, MM	St Matthew, Apostle & Evangelist	St Thomas of Villanova, BC	St Linus, PM	
25 16th Sunday after Pentecost	26	27	28	29	30 📌	
	SS Cyprian & Justina, MM	SS Cosmas & Damian, MM	Laura Mason Rest in Peace 2018 St Wenceslas, Duke, M	The Dedication of St Michael, Archangel	St Jerome, Priest, CD	





Month of the Holy Guardian Angels

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Through Thy Sacred Heart, O Jesus! overflowing with all sweetness, we recommend to Thee ourselves and all our concerns, our friends, benefactors, parents, our rela- tions, our superiors and our enemies; take under thy protection this house, city and country; extend Thy care to all such as lie under any affliction, and to those who labor in the agony and pangs of death; cast an eye of compassion on the obstinate sinner, and more particularly on the poor suffering souls in purgatory, as also on those who are engaged and united with us in the holy confederacy of honoring and worshipping Thee. Bless these in particular, O divine Jesus! and bless them accord-						
	ent of Thy infin	-	-		_	BC
2 17th Sunday after Pentecost Michael Benny	3	4	5	6	7 First Friday The Most Holy Rosary of the BVM	8
Rest in Peace 2017 The Holy Guardian Angels	St Teresa of the Child Jesus, V	St Francis of Assisi, C	St Placid & Comp, MM	St Bruno, C		St Bridget, W
9 18th Sunday after Pentecost	10	11 Feast of the Maternity of the BVM	12	13	14	15
St John Leonardi, C	St Francis Borgia, C		Feria Day	St Edward, King and Confessor	St Callistus I, Pope M	St Teresa, V
16 19th Sunday after Pentecost	17	18	19	20	21 🔊	22
St Hedwig, W	St Margaret Mary Alacoque, V	St Luke, Evangelist	St Peter of Alcantara, C	St John Cantius, C	St Hilarion, Ab	Feria Day
23 20th Sunday after Pentecost	24 St Raphael the Archangel	25	26	27	28	29
30	31					
Feast of Christ the King	The Vigil of All Saints	SS Chrysanthus & Daria, MM	St Evaristus, Pope, M	The Vigil of SS Simon & Jude, Apostles	SS Simon & Jude, Apostles	Feria Day

November



Month of the Holy Souls in Purgatory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
O heart, grace the	5	1 All Saints Day	2 All Souls Day	3	4 First Friday	5 First Saturday
Of all God's gifts the best ; Unto the sinner strength and force, Refreshment, hope, and rest.		Holyday of Obligation		Within the Octave of All Saints	St Charles Borromeo, BC	Within the Octave of
6	7	8	9	10	11 📌	12
22nd Sunday after Pentecost						
Within the Octave of All Saints	Within the Octave of All Saints	The Octave Day of All Saints	Dedication of the Basilica of St Saviour	St Andrew Avellino, C	St Martin, BC	St Martin I, Pope, M
13	14	15	16	17	18	19
23rd Sunday after Pentecost						
St Didacus, C	St Josaphat, BM	St Albert the Great, BCD	St Gertrude, V	St Gregory the Wonderworker, BC	Dedication of the Basilica of SS Peter and Paul	St Elizabeth, W
20	21	22	23	24	25 🔊	26
24th Sunday after Pentecost	The Presentation of the B.V.M.					
St Felix of Valois, C		St Cecilia, VM	St Clement I, Pope, M	St John of the Cross, CD	St Catherine, VM	St Sylvester, Ab
27	28	29	30	Sweet Jesus, may thy Sacred Heart		
1st Sunday of Advent				My hope and refuge be ; There may I learn the heavenly art Of living but for thee.		venly art
D (1)					ntain of thy sacre urce of love mos	
Feast of the Miraculous Medal	St Catherine Laboure, V	Vigil of St Andrew, Apostle	St. Andrew, Apostle		who dwell from fords a refuge su	-





Month of the Immaculate Conception

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A DEVOUT ASPIRATION TO THE SACRED HEART Most amiable Heart of Jesus : beloved object of our				1	2 First Friday	3 First Saturday
benediction b in adversity, o	most tender affections! may all honor, glory, love and benediction be ever given to Thee. Be Thou our comfort in adversity, our guide in prosperity, our safety in dan- gers, and protection against all our enemies, visible and					
invisible. An	nen.			Feria Day	St Bibiana, VM	St Francis Xavier, C
4 2nd Sunday of Advent	5	6	7 Vigil of the Immaculate Conception	8 Immaculate Conception of the BVM	9	10
St Peter Chrysologus, BCD	St Sabbas, Ab	St Nicholas, BC	St Ambrose, BCD		Second Day within the Octave	Third Day within the Octave
11 3rd Sunday of Advent	12	13	14 Ember Wednesday	15	16 Ember Friday	17 Ember Saturday
St Damasus, Pope	Fifth Day within the Octave	St Lucy, VM	Seventh Day within the Octave	Octave Day of the Immaculate Conception	St Eusebius, BM	
18 4th Sunday of Advent	19	20	21	22	23	24 Vigil of Christmas or Christmas Eve
	Feria Day	Vigil of St Thomas, Apostle	St Thomas, Apostle	St Frances Xavier Cabrini, V		
25 Nativity of Our Lord Christmas Day	26	27	28	29	30 📌	31
	St Stephen, the First Marytr	St John, Apostle and Evangelist	The Holy Innocents, MM	St Thomas of Canterbury, BM	Within the Octave of Christmas	Thomas Mason Rest in Peace 2014 St Sylvester I, PC