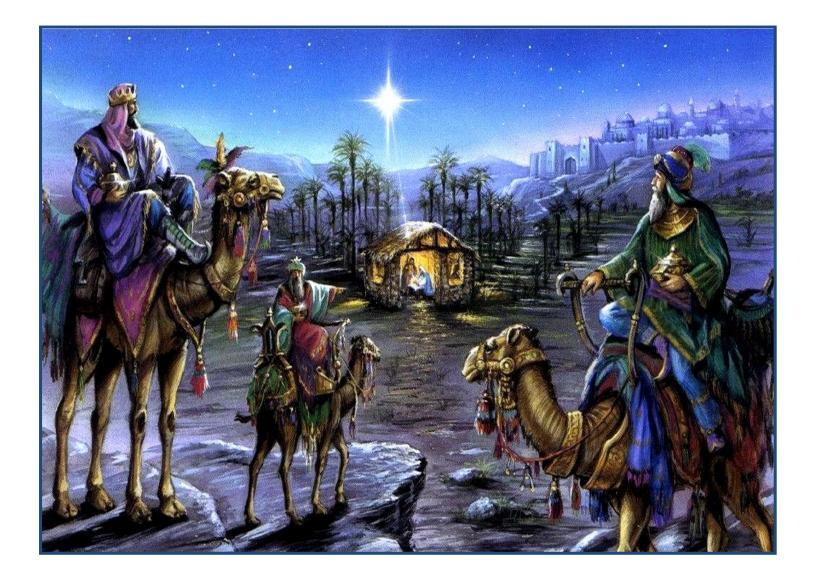


## Catholic Calendar

### Mary's Little Remnant's Rules in Brackets

# For the Year of Our Lord 2023

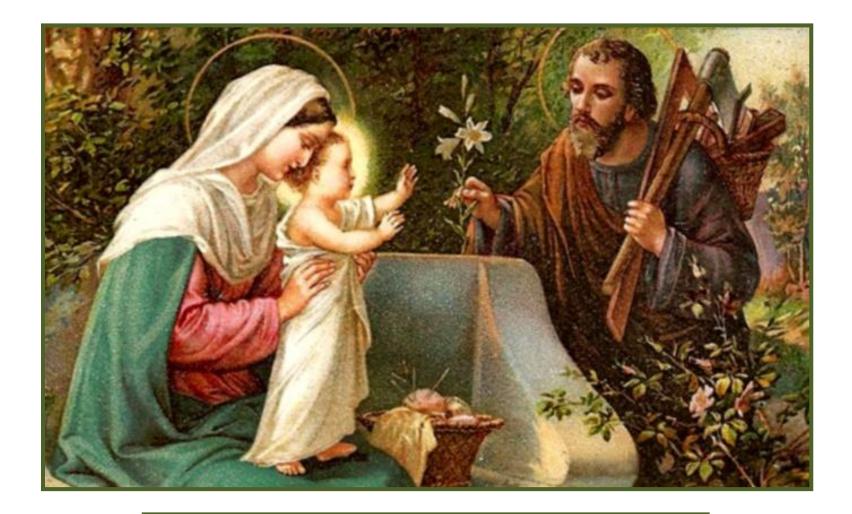


THE kings of Tharsis and the islands shall offer presents; the kings of the Arabians and of Saba shall bring gifts. And all kings of the earth shall adore him, all nations shall serve him. (Psalm 71:10-11)

## First Month 2023

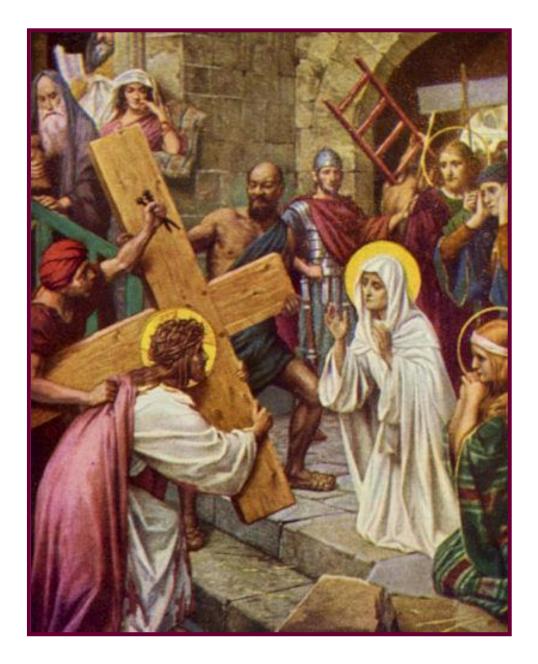
## Month of the Holy Name of Jesus

		1	1	1	-	
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday
1 W HOLY DAY OF OBLIGATION	2 w	<b>3</b> w	<b>4</b> w	<b>5</b> R [Holy Hour] (transferred from 1/6)	<b>6</b> W HOLY DAY OF OBLIGATION <u>First 6th Weekday</u>	7 R <u>First 7th Weekdar</u> [Exorcism
<b>CIRCUMCISION OF OUR</b> <b>LORD (1DO/1oct):</b> Octave Dav of Christmas	MOST HOLY NAME OF JESUS (1f)	Ferial Day (3fer)	Presentation of Jesus/ Purification of Mary (2f): Candlemas Day	<b>St. Telesphorus, PM (4f)</b> Vigil of the Epiphany	EPIPHANY OF OUR LORD (1DO/2oct)	<b>The Holy Innocents, Mm</b> ( <b>3f</b> ) Within the Octave
<b>8</b> w	<b>9</b> <sub>R</sub>	<b>10</b> w	11 R	12 w	13 w	<b>14</b> w
<b>The Holy Family (1f/2LD)</b> <i>Within the Octave</i>	<b>St. Stephen, 1st Martyr (3f)</b> Within the Octave	Within the Octave (2oct)	<b>St. Hyginus, PM (4f)</b> <i>Within the Octave</i>	Within the Octave (sd)	Octave Day of the Epiphany (2oct)	<b>St. Hilary, BpCD (4f)</b> <i>St. Felix of Nola, M</i>
15 с	<b>16</b> R	<b>17</b> w	18 w FEAST DAY OF OBLIGATION	<b>19</b> R	20 r	21 r
<b>2nd Lord's Day after</b> <b>Epiphany (2LD)</b> St. Paul, 1st Hermit, C St. Maurus, Ab	St. Marcellus I, PM (4f)	St. Antony of the Desert, Ab (4f)	SOLEMNITY OF THE APOSTLES (3DO)	Ss. Marius, Martha, Audifax & Abachum, Mm (4f) St. Canute IV, King, RM	Ss. Fabian, P & Sebastian, Mm (4f)	St. Agnes, VM (4f)
<b>22</b> G	23 R	24 R	25 w	26 R	27 R	<b>28</b> w
<b>3rd Lord's Day after</b> <b>Epiphany (2LD)</b> Ss. Vincent & Anastasius, Mm	St. Emerentiana, VM (4f)	St. Timothy, BpM (3f)	Conversion of St. Paul, Ap (3f) St. Ananias, baptizer of St. Paul, M	St. Polycarp, BpM (4f)	Ss. Lydia, Dorcas & Phoebe, HWw (3f)	St. Charlemagne, Holy Roman Emperor, RC (4f)
<b>29</b> <sub>G</sub>	<b>30</b> R	<b>31</b> G				
4th Lord's Day after Epiphany (2LD)	St. Martina, VM (4f)	Ferial Day (3fer)				



• Lord Jesus Christ, who when subject to Joseph and Mary didst sanctify home life with ineffable virtues, grant that we may be instructed by the example of Thy Holy Family and become partakers of their eternal happiness. Who livest and reignest with God the Father, in the unity of the Holy Spirit, God, forever and ever. Amen.

Second Mo	onth 2023			Ν	Ionth of the H	Ioly Family
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday
			<b>1</b> R	<b>2</b> G	<b>3</b> R [Light Fast] <u>First 6th Weekday</u> [Holy Hour]	4 G <u>First 7th Weekday</u> [Exorcism]
			St. Ignatius of Antioch, BpM (4f)	Ferial Day (3fer)	St. Blaise, BpM (4f)	Our Lady's Day (sp)
<b>5</b> G	<b>6</b> w	<b>7</b> w	<b>8</b> G	<b>9</b> w	10 w	11 R Mandatory Regular Fast
<b>5th Lord's Day after</b> <b>Epiphany (2LD)</b> <i>St. Agatha, VM</i>	St. Titus, BpC (3f) St. Dorothy, VM	St. Romuald, Ab (4f)	Ferial Day (3fer)	<b>St. Cyril of Alexandria,</b> <b>BpCD (4f)</b> <i>St. Apollonia, VM</i>	St. Scholastica, V (4f)	Vigil of Trinity Day (1vig) Apparition of Our Lady of Lourdes
12 w <sup>[1]</sup>	13 w [2] FEAST DAY OF OBLIGATION	14 w (3) FEAST DAY OF OBLIGATION	15 w [4}	16 w [5]	17 w [6]	18 w [7]
<b>TRINITY DAY</b> ( <b>1DO/1oct/1LD</b> ) (Begin Holy Face Novena )	TRINITY 2ND WEEKDAY (1DO/1oct)	TRINITY 3RD WEEKDAY (1DO/1oct)	<b>Trinity 4th Weekday (1oct)</b> Ss. Faustinus & Jovita, Mm	<b>Trinity 5th Weekday (1oct)</b> St. Onesimus, Disciple of St. Paul, C	Trinity 6th Weekday (1oct)	<b>Trinity 7th Weekday (1oct)</b> St. Simeon, BpM) St. Bernadette Soubirous, V
<b>19</b> w [8]	20 w [9]	<b>21</b> R	22 v Light Fast PENITENTIAL DAY OF OBLIGATION	23 v Eight Fast	24 R	25 v 👘 Light Fast
Octave Day of Trinity Day/Last Lord's Day after Epiphany (1oct/2LD)	Ferial Day )3fer)	Feast of the Holy Face (1f) (Shrove Day)	ASH DAY (3DO/1fer))	Ferial Day (2fer)	St. Matthias, Ap (3f)	Ferial Day (2fer)
26 v	27 w 👘	28 v Eight Fast				
<b>1st Lord's Day in Lent</b> ( <b>1LD</b> ) Queen Esther's Saving of the Jews from Aman (Purim)	Ferial Day (3f)	Ferial Day (2fer)				



Through her heart, His sorrow sharing, All His bitter anguish bearing, Now at length the sword has passed.

Oh, how sad and sore distressed Was that Mother highly blessed Of the sole-begotten One!

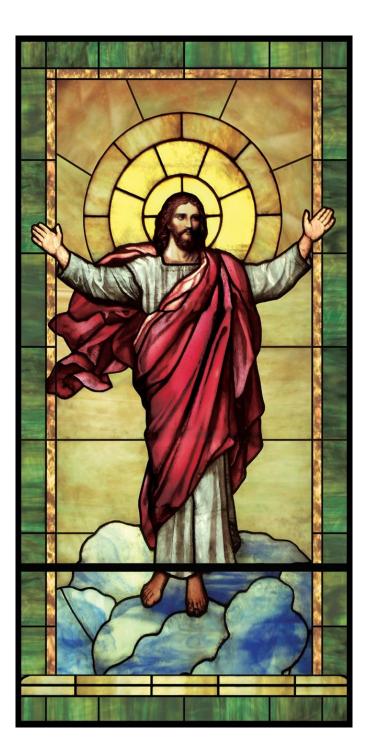
ls there one who would not weep, Whelmed in miseries so deep Christ's dear Mother to behold? (Stabat Mater)

Third Mont	h 2023				Month of S	Saint Joseph
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday
			1 v Light Fast	2 v Light Fast [Holy Hour] (transferred from 3/3)	3 v Light Fast <u>First 6th Weekday</u> [Stations]	4 R Light Fast <u>First 7th Weekday</u> [Exorcism]
			Ember 4th Weekday (1fer)	Ferial Day (2fer)	Ember 6th Weekday (1fer)	<b>St. Lucius I, PM (4f)</b> Ember 7thWeekday
5 v	<b>6</b> v Eight Fast	<b>7</b> R Eight Fast	<b>8</b> v Eight Fast	9 W Eight Fast	10 R Light Fast [Stations]	11 v 👘 Light Fast
2nd Lord's Day in Lent (1LD)	Ferial Day (2fer)	<b>Ss. Perpetua &amp; Felicitas,</b> <b>Mm (4f)</b> <i>Ferial Day</i>	Ferial Day (2fer)	<b>St. Frances of Rome, W (4f)</b> <i>Ferial Day</i>	The Forty Holy Martyrs of Sebaste (4f)	Ferial Day (2fer)
12 v	13 v Eight Fast	14 v Eight Fast	15 v Eight Fast	16 v Kast	17 w Light Fast [Stations] St. Patrick, BpC (4f)	18 w
<b>3rd Lord's Day in Lent</b> ( <b>1LD</b> )) <i>St. Gregory the Great, PCD</i>	Ferial Day (2fer)	Ferial Day (2fer)	Ferial Day (2fer)	Ferial Day (2fer)	<b>ST. PATRICK, Bp. C</b> ( <b>4DO</b> ) for Ireland, USA, and other places	<b>St. Cyril of Jerusalem, BpCD (4f)</b> <i>Ferial Day</i>
19 v (Rose)	20 w	21 w Kast	22 w	23 v Light Fast	24 w	25 w FEAST DAY OF OBLIGATION
4th Lord's Day in Lent (1Ld): Laetare	St. Joseph, Spouse of The Blessed Virgin (3f) (transferred from 3/19) Ferial Day	<b>St. Benedict, Ab (4f)</b> Ferial Day	<b>St. Isidore the Farmer, C</b> ( <b>4f</b> ) <i>Ferial Day</i> ( <i>Blessing of Gardens &amp; Fields</i> )	Ferial Day (2fer)	<b>St. Gabriel the Archangel</b> ( <b>3f</b> ) <i>Ferial Day</i>	<b>THE ANNUNCIATION &amp;</b> <b>INCARNATION (1DO)</b> <i>Ferial Day</i>
26 v	27 v	28 v Eight Fast	29 v Light Fast	30 v Eight Fast	31 v Light Fast [Stations]	
5th Lord's Day in Lent (1LD)	Ferial Day (2fer)	Ferial Day (2fer)	Ferial Day (2fer)	Ferial Day (2fer)	Seven Sorrows of the Blessed Virgin Mary (2f) [Consecration to the BVM] Ferial Day	



JESUS saith to her: Mary. She, turning, saith to him: Rabboni (which is to say, Master). Jesus saith to her: Do not touch me, for I am not yet ascended to my Father. But go to my brethren and say to them: I ascend to my Father and to your Father, to my God and your God. (John 20:16-17)

Fourth Mon	Fourth Month 2023				Month of the Passion and Resurrection			
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday		
						1 v Light Fast <u>First 7th Weekday</u> [Exorcism]		
						Ferial Day (2fer)		
2 v	3 v Regular Fast	4 v Kegular Fast	5 v Regular Fast	6 w Regular Fast PENITENTIAL DAY OF OBLIGATION Holy Hour during Night Vigil	7 B Regular Fast PENITENTIAL DAY OF OBLIGATION Stations	8 V Regular Fast PENITENTIAL DAY OF OBLIGATION		
PALM DAY (1DO/1LD))	Holy Week 2nd Weekday (1fer) (Veil statues & pictures)	Holy Week 3rd Weekday (1fer)	Holy Week 4th Weekday (1fer): Spy Day	MAUNDY DAY (1DO/1fer) [Maundy Day Tenebrae]	GOOD 6TH WEEKDAY (1DO/1fer) [Good 6th Weekday Tenebrae]	HOLY 7TH WEEKDAY (1DO/1fer)   Holv 7th Weekdav Tenebrae l		
<b>9</b> W RESURRECTION DAY	10 w FEAST DAY OF OBLIGATION	11 w FEAST DAY OF OBLIGATION	12 w	13 w	14 w	15 w		
( <b>1DO/1oct/1LD</b> ) (Regina Coeli begins; unveil statues & pictures before Mass)	RESURRECTION 2ND WEEKDAY (1DO/1oct)	RESURRECTION 3RD WEEKDAY (1DO/1oct)	Resurrection 4th Weekday (1oct)	<b>Resurrection 5th Weekday</b> ( <b>1oct</b> ) <i>St. Hermenegild, M</i>	Resurrection 6th Weekday (1oct) Ss. Tiburtius, Valerian & Maximus, Mm	Resurrection 7th Weekday (1oct)		
<b>16</b> w	<b>17</b> R	<b>18</b> w	<b>19</b> w	<b>20</b> w	21 w	22 R		
Octave Day of Resurrection Dav/Low Dav (1oct/2LD)	St. Anicetus, PM (4f)	Ferial Day (3fer)	Ferial Day (3fer)	Ferial Day (3fer)	Ferial Day (3fer)	Ss. Soter & Caius, PpMm (4f)		
23 w 2nd Lord's Day after Resurrection (2LD): Good Shepherd Day St. George, M	24 R	25 R	26 w FEAST DAY OF OBLIGATION SOLEMNITY OF ST.	27 w	28 R	29 R		
<b>30</b> W 3rd Lord's Day after Resurrection (2LD)	St. Fidelis of Sigmaringen, M (4f)	St. Mark, Ev (3f)	JOSEPH, PATRON OF THE UNIVERSAL CHURCH (3DO/2oct)	Ferial Day (3fer) Within the Octave	<b>St. Vitalis, M (4f)</b> Within the Octave	<b>St. Peter of Verona, M (4f)</b> Within the Octave		



**J**ESUS said to them: It is not for you to know the time or moments which the Father hath put in His own power. But you shall receive the power of the Holy Spirit coming upon you, and you shall be witnesses unto me in Jerusalem, and in all Judea, and Samaria, and even to the uttermost part of the earth. And when He had said these things while they looked on, He was raised up; and a cloud received Him out of their sight. (Acts 1:7-9)

Fifth Month	Fifth Month 2023Month of the Blessed Virgin Mary							
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday		
	<b>1</b> R Ss. Philip & James, App (3f) Within the Octave	<b>2</b> w <b>St. Athanasius, BpCD (4f)</b> <i>Within the Octave</i>	<b>3</b> R Finding of the Holy Cross (4f) Ss. Alexander I, PM; Eventius & Theodulus, Mm; Juvenal, BpC Octave Day	<b>4</b> w St. Monica, W (4f)	5 w First 6th Weekday [Holy Hour]	<b>6</b> R <u>First 7th Weekdav</u> [Exorcism] St. John before the Latin Gate (3f)		
<b>7</b> w Mary's Crowning	<b>8</b> w	<b>9</b> w	<b>10</b> R	11 w	Ferial Dav (3fer)	13 w		
<b>4th Lord's Day after the</b> <b>Resurrection (2LD)</b> <i>St. Stanislaus, BpM</i>	Apparition of St. Michael the Archangel (3f)	Ferial Day (3fer)	Ss. Gordian & Epimachus, Mm (4f)	Ferial Day (3fer)	Ss. Nereus, Achilleus, Domitilla & Pancras, Mm (4f)	Our Lady's Day (4f)		
14 w	15 r	<b>16</b> w	17 w	18 w HOLY DAY OF OBLIGATION	<b>19</b> R(1)	20 w (2)		
<b>5th Lord's Day after the</b> <b>Resurrection (2LD)</b> <i>St. Boniface, M</i>	St. Dymphna, VM (4f)	St. Ubaldus, BpC (4f)	Ferial Day (3fer)	ASCENSION OF OUR LORD (1DO/2oct)	<b>St. Pudentiana, VM (4f)</b> Within the Octave (Begin Holy Spirit Novena)	Our Lady's Day (4f)		
21 w (3)	22 w (4)	23 w (5)	24 W (6) Regular Fast	25 R (7)	26 R (8) Regular Fast	27 R (9) Regular Fast		
6th Lord's Day after the Resurrection (2LD)) Holy Roman Emperor St. Constantine & St. Helena	St. Rita, W (4f)	Ferial Day (3fer)	Ember 4th Weekday (1fer)	<b>St. Urban I, PM (4f)</b> Octave Day of the Ascension	<b>St. Eleutherius, PM (4f)</b> Ember 6th Weekday	<b>Vigil of Pentecost (1vig)</b> St. John I, PM Ember 7th Weekday		
28 R	29 R FEAST DAY OF OBLIGATION	<b>30</b> R FEAST DAY OF OBLIGATION	<b>31</b> R					
PENTECOST DAY (1DO/1oct/1LD)	PENTECOST 2ND WEEKDAY (1DO/1oct)	PENTECOST 3RD WEEKDAY (1DO/1oct)	Pentecost 4th Weekday (1oct) Blessed Virgin Mary, Mediatrix of All Graces					



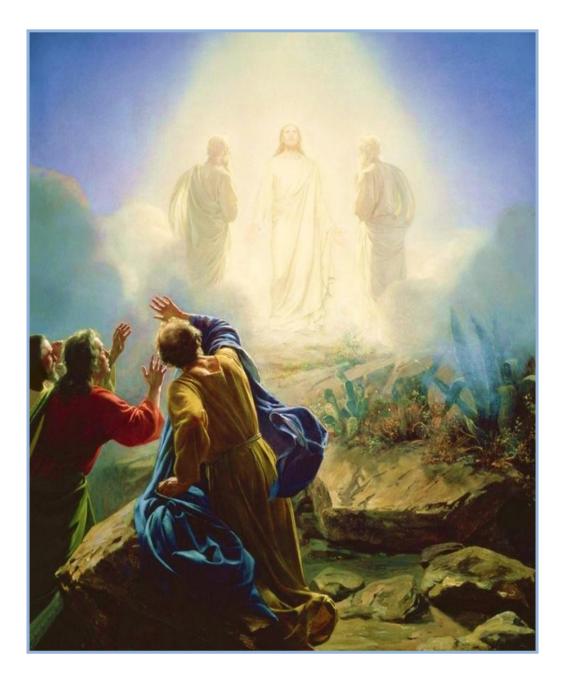
MOST SACRED HEART OF JESUS, pour in the richest fullness of thy blessings upon thy Holy Catholic Church. Grant perseverance to the just and conversion to sinners, enlighten unbelievers, assist the dying, deliver the souls in purgatory, and extend over all hearts the gentle dominion of thy love. Amen.

Sixth Montl	h 2023			Ν	Aonth of the S	acred Heart
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday
				<b>1</b> R	2 R <u>First 6th Weekday</u> [Holy Hour]	3 R <u>First 7th Weekday</u> [Exorcism]
				Pentecost 5th Weekday (1oct)	Pentecost 6th Weekday (1oct) Ss. Marcellinus & Peter, Mm; and Erasmus, BpM	Pentecost 7th Weekday (1oct)
<b>4</b> <sub>R</sub>	<b>5</b> R	<b>6</b> w	<b>7</b> G	<b>8</b> R	<b>9</b> <sub>R</sub>	<b>10</b> w
Octave Day of Pentecost/1st Lord's Day after Pentecost (1oct/2LD)	St. Boniface, BpM (4f)	St. Philip the Deacon, C & his Prophetess Daughters, Vv (3f) St. Norbert, BpC	Ferial Day (3fer)	Corpus et Sanguis Christi (1f)	Ss. Primus & Felician, Mm (4f)	St. Margaret, Queen of Scots, W (4f)
<b>11</b> G	<b>12</b> w	13 w	<b>14</b> G	<b>15</b> R	16 w	<b>17</b> w
<b>2nd Lord's Day after</b> <b>Pentecost (2LD)</b> <i>St. Barnabas, Ap</i>	<b>St. Leo III, PC (4f)</b> Ss. Basilides, Cyrinus, Nabor & Nazarius, Mm	St. Anthony of Padua, C (4f)	Ferial Day (3fer)	Ss. Vitus, Modestus & Crescentia, Mm (4f)	Sacred Heart of Jesus (1f)	Our Lady's Day (4f)
<b>18</b> G	<b>19</b> R	<b>20</b> R	<b>21</b> w	22 w	23 w	24 w
<b>3rd Lord's Day after</b> <b>Pentecost (2LD)</b> <i>St. Ephrem, Deacon, CD</i> <i>Ss. Mark &amp; Marcellianus, Mm</i>	Ss. Gervase & Protase, Mm (4f)	St. Silverius, PM (4f)	<b>Visitation of the Blessed</b> <b>Virgin Mary (2f)</b> <i>St. Lazarus the Beggar, C</i>	St. Paulinus, BpC (4f)	Vigil of the Nativity of St. John the Baptist (2vig)	Nativity of St. John the Baptist (3f)
25 g	26 R	27 w	28 R	<b>29</b> R	<b>30</b> R [Holy Hour] (transferred from 7/7)	
<b>4th Lord's Day after</b> <b>Pentecost (2LD)</b> <i>St. William, Ab</i>	Ss. John & Paul, Mm 4fd)	Our Lady of Perpetual Help (2f))	St. Irenaeus, BpM (4f)	St. Peter , Ap (3f)	St. Paul, Ap (3f)	



AND Elizabeth cried out with a loud voice and said: Blessed art thou among women, and blessed is the fruit of thy womb. And whence is this to me that the mother of my Lord should come to me? For behold as soon as the voice of thy salutation sounded in my ears, the infant in my womb leaped for joy. (Luke 1:42-44)

Seventh Month 2023 Month of the Precious								
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday		
						<b>1</b> R <u>First 7th Weekday</u> [Exorcism]		
						Most Precious Blood of Jesus (1f)		
<b>2</b> G	<b>3</b> w	<b>4</b> <sub>G</sub>	<b>5</b> G	<b>6</b> R	7 w <u>First 6th Weekday</u> Holy Hour Trans. to 6/30	<b>8</b> w		
5th Lord's Day after Pentecost (2LD) Ss. Processus & Martinian, Mm	St. Leo II, PC (4f)	Ferial Day (3fer)	Ferial Day (3fer)	St. Maria Goretti, VM (4f))	Ss. Cyril & Methodius,	St. Elizabeth, Queen of Portugal, W (4f)		
<b>9</b> w	<b>10</b> R	<b>11</b> R	<b>12</b> w	13 R	14 g	15 w		
<b>The Archangels St.</b> <b>Michael, St. Gabriel, and</b> <b>St. Raphael (3f)</b> <i>6th Lord's Day after</i> <i>Pentecost</i>	Seven Holy Brothers, Mm; Ss. Rufina & Secunda, VvMm (4f)	St. Pius I, PM (4f)	<b>St. John Gualbert, Ab (4f)</b> Ss. Nabor & Felix, Mm	St. Anacletus, PM (4f)	Ferial Day (3fer)	OT Women: Eve, Sara (wife of Abraham), Rebecca, Rachel, Lia, Bala, Zelpha, Prophetess Mariam (sister of Moses & Aaron), Rahab, Ruth, Judith, Susanna, Sara (wife of Tobias), Queen Esther & Prophetess Holda, HWw (3f)		
<b>16</b> G	17 G(1)	18 R (2)	<b>19</b> G (3)	<b>20</b> R (4)	21 R (5)	22 w (6)		
7th Lord's Day after Pentecost (2LD)	<b>Ferial Day (3fer)</b> (Begin St. Anne Novena)	Ss. Symphorosa & her Seven Sons, Mm (4f)	Ferial Day (3fer)	<b>St. Joseph, called Barsabas,</b> <b>Disciple, M (3f)</b> <i>St. Margaret, VM</i>	St. Praxedes, VM (4f)	St. Mary Magdalen, HW (3f)		
23 G (7) 8th Lord's Day after Pentecost (2LD)	24 R (8)	25 R (9)	<b>26</b> w	27 к	28 R	<b>29</b> w		
St. Apollinaris, BpM St. Liborius, BpC	St. Christina, VM (4f)					Ss. Lazarus, BpC, and		
<b>30</b> G 9th Lord's Day after Pentecost (2LD) Ss. Abdon & Sennen, Mm	<b>31</b> G Ferial Day (3fer)	St. James the Greater, Ap (3f) St. Christopher, M	St. Anne, Mother of the Blessed Virgin Mary (3f))	St. Pantaleon, M (4f)	Ss. Nazarius & Celsus, Mm; Victor I, PM; and Innocent I, PC (4f)	Martha & Mary of Bethany, Vv (3f) Ss. Felix II, PM; Simplicius, Faustinus & Beatrice, Mm		

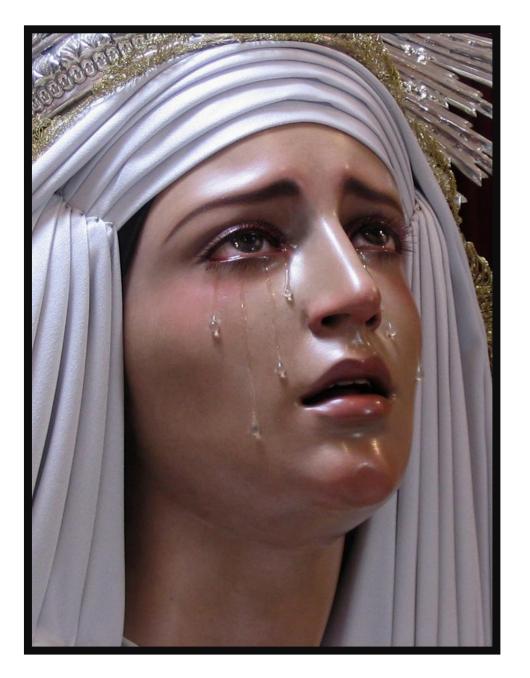


AND after six days Jesus taketh with him Peter and James and John and leadeth them up into an high mountain apart by themselves and was transfigured before them. And his garments became shining and exceeding white as snow, so as no fuller upon earth can make white. And there appeared to them Elias with Moses, and they were talking with Jesus. (Mark 9:1-3)

## Eighth Month 2023

## Month of the Immaculate Heart of Mary

Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday
		<b>1</b> w	2 R	<b>3</b> R	4 w First 6th Weekday [Holy Hour]	5 w <u>First 7th Weekdav</u> [Exorcism]
		St. Peter's Chains (4f)	The Seven Machabean Martyrs & their Mother, Mm (3f)	Finding of the Bodies of St. Stephen the 1st Martyr & Ss. Gamaliel, Nicodemus, and Abibo (3f)	St. Dominic, C (4f)	Dedication of the Church of Our Lady of the Snow (4f)
<b>6</b> w	<b>7</b> R	<b>8</b> R	<b>9</b> R	<b>10</b> R	11 R	12 w
<b>Transfiguration of Our</b> <b>Lord (If)</b> <i>Ss. Sixtus II, PM; and</i> <i>Felicissimus &amp; Agapitus, Mm</i> <i>10th Lord's Day after</i> <i>Pentecost</i>	St. Donatus, BpM (4f)	Ss. Cyriacus, Largus & Smaragdus, Mm (4f)	St. Romanus, M, (4f)	St. Lawrence, M (4f)	Ss. Tiburtius, M & Susanna, VM (4f) St. Philomena, VM	St. Clare, V (4f)
<b>13</b> G	14 w	15 w FEAST DAY OF OBLIGATION	<b>16</b> w	<b>17</b> w	18 R	<b>19</b> w
<b>11th Lord's Day after</b> <b>Pentecost (2LD)</b> Ss. Hippolytus & Cassian, Mm	<b>St. Eusebius of Rome, C (4f)</b> Vigil of the Assumption	ASSUMPTION OF THE BLESSED VIRGIN MARY (2DO/2oct)	<b>St. Joachim, Father of the Blessed Virgin Mary (3f)</b> <i>Within the Octave</i>	Within the Octave (2oct)	<b>St. Agapitus, M (4f)</b> Within the Octave	Within the Octave (2oct)
<b>20</b> w	<b>21</b> G	22 w	23 с	24 R	25 g	26 R
FEAST DAY OF OBLIGATION CORONATION AND QUEENSHIP OF THE BLESSED VIRGIN MARY (2DO)	<b>Mass of 12th Lord's Day</b> <b>after Pentecost</b> (transferred) Within the Octave	The Immaculate Heart of Mary (2f) Ss. Timothy, Hippolytus & Symphorian, Mm Octave Day of the Assumption	] Ferial Day (3fer)	St. Bartholomew, Ap (3f)	Ferial Day (3fer)	St. Zephyrinus, PM (4f)
27 с	<b>28</b> w	<b>29</b> <sub>R</sub>	<b>30</b> R	<b>31</b> G		
13th Lord's Day after Pentecost (2LD)	<b>St. Augustine, BpCD (4f)</b> St. Hermes, M	Beheading of St. John the Baptist (3f) St. Sabina, M	Ss. Felix & Adauctus, Mm (4f)	Ferial Day (3fer)		



O HOLY MOTHER, most afflicted by the bitter sorrow which thou didst endure at the foot of the cross during the Three Hours' agony of Jesus: vouchsafe to assist all of us, the children of thy sorrows, in our last agony, that through thine ntercession we may pass from the bed of death to form a crown for thee in heaven. Amen.

Ninth Mont	h 2023		Month of th	e Seven Sorro	ows of the Ble	essed Virgin
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday
					1 w <u>First 6th Weekday</u> [Holy Hour]	2 w <u>First 7th Weekday</u> [Exorcism]
					<b>St. Giles, Ab (4f)</b> Ss. Boniface & Thecla and their Twelve Sons, Mm	St. Stephen, King of Hungary, C (4f)
<b>3</b> G	<b>4</b> w	<b>5</b> G	<b>6</b> G	<b>7</b> w	<b>8</b> w	<b>9</b> R
14th Lord's Day after Pentecost (2LD)	OT Supreme Religious Rulers: Moses, Aaron & Esdras, Pp (3f))	Ferial Day (3fer)	Ferial Day (3fer)	OT Judges: Debbora, Gedeon & Samson, Cc (3f)	Nativity of the Blessed Virgin Mary (2f) St. Adrian, M	Ss. Gorgonius, Dorotheus & Comp., Mm (4f)
<b>10</b> G	11 r	<b>12</b> w	<b>13</b> G	14 R	15 w	<b>16</b> R
15th Lord's Day after Pentecost (2LD)	Ss. Protus & Hyacinth, Mm (4f)	The Most Holy Name of Mary (2f)	Ferial Day (3fer)	Exaltation of the Holy Cross (4f)	Seven Sorrows of the Blessed Virgin Mary (2f) St. Nicomedes, M	<b>Ss. Cornelius, PM &amp;</b> <b>Cyprian, BpM (4f)</b> <i>Ss. Euphemia, VM; and Lucy</i> & Geminianus, Mm
<b>17</b> G	<b>18</b> G	<b>19</b> R	20 R Regular Fast	21 R	22 R Regular Fast	23 R Regular Fast
<b>16th Lord's Day after</b> <b>Pentecost (2LD)</b> <i>Impression of the Stigmata of</i> <i>St. Francis, C</i>	Ferial Day (3fer)	Ss. Januarius, BpM & Comp., Mm (4f)	Ss. Eustace & Comp., Mm (4f) Ember Day: 4th Weekday	St. Matthew, ApEv (3f)	<b>Ss. Maurice &amp; Comp., Mm</b> ( <b>4f</b> ) <i>Ember Day: 6th Weekday</i>	<b>St. Linus, PM (4f)</b> St. Thecla, VM Ember Day: 7th Weekday
<b>24</b> G	25 w	<b>26</b> w	27 R	28 R	29 w	<b>30</b> w
<b>17th Lord's Day after</b> <b>Pentecost (2LD)</b> <i>Our Lady of Ransom</i>	Ss. Cleophas & Comp., Disciples of Our Lord, Cc (3f)	<b>St. John, ApEv (3f)</b> Ss. Cyprian, M & Justina,VM	Ss. Cosmas & Damian, Mm (4f)	St. Wenceslaus, Duke, M (4f)	Dedication of the Basilica of St. Michael the Archangel (4f)	Our Lady's Day (sp)



 God, who didst will
 that at the message of an angel thy Word should take flesh in the womb of the Blessed Virgin Mary,
 grant unto thy humble servants that we, who believe her to be truly the Mother of God, may be aided by her intercession with thee. Amen.

Tenth Month 2023Month of the Holy Rosary								
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday		
<b>1</b> G Harvest Week Feast of Tabernacles (Succoth), (3f) 18th Lord's Day after Pentecost St. Remigius, BpC Vigil of Holy Angels Day	2 w FEAST DAY OF OBLIGATION	<b>3</b> w	<b>4</b> w	<b>5</b> R Ss. Placidus & Comp., Mm	6 w <u>First 6th Weekday</u> [Holy Hour]	7 W First 7th Weekday [Exorcism] Our Lady of the Most Holy Rosary (2f) St. Mark, PC		
[Pray St. Joseph Prayer on Lord's Days in 10th month]	HOLY ANGELS' DAY (3DO/2oct)	Within the Octave (2oct)	<b>St. Francis of Assisi, C (4f)</b> Within the Octave	( <b>4f</b> ) <i>Within the Octave</i>	<b>St. Bruno, C (4f)</b> Within the Octave	Ss. Sergius, Bacchus, Marcellus & Apuleius, Mm (Within the Octave)		
<b>8</b> G	<b>9</b> w	<b>10</b> w	<b>11</b> w	12 w	13 w 🤝	14 R		
<b>19th Lord's Day after</b> <b>Pentecost (2LD)</b> <i>Prophet Simeon, OC/NT</i> <i>Within the Octive</i>	OT Supreme Patriarchs: Noe, Abraham, Isaac & Jacob, Cc (3f) Ss. Dionysius, BpM; and Rusticus & Eleutherius, Mm Octave Day of Holy Angels'	OT: St. Melchisedec, PCD (3f)	Maternity of the Blessed Virgin Mary (2f)	OT Fathers: Adam, Abel, Seth, Lot, Caleb, Tobit, Tobias & Mardochai, Cc (3f)	St. Edward, King of England, C (4f)	St. Callistus I, PM (4f)		
<b>15</b> G	<b>16</b> w	<b>17</b> G	<b>18</b> w	<b>19</b> G	<b>20</b> G	<b>21</b> w		
20th Lord's Day after Pentecost (2LD)	St. Hedwig, W (4f)	Ferial Day (3fer)	St. Luke, Ev (3f)	Ferial Day (3fer)	Ferial Day (3fer)	<b>St. Hilarion, Ab (4f)</b> Ss. Ursula & Comp., VvMm		
<b>22</b> G	<b>23</b> G	24 w	25 R	26 R	27 g	28 R		
<b>21st Lord's Day after</b> <b>Pentecost (2LD)</b> <i>St. Mary Salome, mother of</i> <i>the Apostles James &amp; John</i> <i>St. Cordula, VM, last of St.</i> <i>Ursula's companions</i>	Ferial Day (3fer)	St. Raphael the Archangel (3f)	<b>Ss. Chrysanthus &amp; Daria,</b> <b>Mm (4f)</b> <i>Ss. Crispin &amp; Crispinian, Mm</i>	St. Evaristus, PM (4f)	Ferial Day (3fer)	Ss. Simon & Jude, App (3f))		
<b>29</b> w	<b>30</b> G	<b>31</b> w						
<b>Christ the King (1f)</b> 22nd Lord's Day after Pentecost	Mass of 22nd Lord's Day after Pentecost - transferred	Vigil of All Saints' Day (2vig)						



The Eight Beatitudes (Matthew 5:2-10)

Blessed are the poor in spirit: for theirs is the kingdom of heaven. Blessed are the meek: for they shall possess the land. Blessed are they that mourn: for they shall be comforted. Blessed are they that hunger and thirst after justice: for they shall have their fill. Blessed are the merciful: for they shall obtain mercy. Blessed are the clean of heart: for they shall see God. Blessed are the peacemakers: for they shall be called the children of God. Blessed are they that suffer persecution for justice' sake: for theirs is the kingdom of heaven.

Eleventh M	Eleventh Month 2023				Month of the Holy Souls in Purgatory		
Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday	
			1 w HOLY DAY OF OBLIGATION	2 в	3 R <u>First 6th Weekday</u> [Holy Hour]	4 R <u>First 7th Weekday</u> [Exorcism]	
			ALL SAINTS' DAY (3&4DO/2oct) [Begin 30-Day Prayer for the Souls in Purgatory]	<b>All Souls in Purgatory Day</b> ( <b>4f</b> ) <i>Within the Octave</i>	<b>St. Winefride, VM (4f)</b> Within the Octave	<b>Ss. Vitalis &amp; Agricola, Mm</b> ( <b>4f</b> ) Within the Octave	
<b>5</b> G	<b>6</b> w	<b>7</b> w	<b>8</b> R	<b>9</b> w	10 r 🖙	11 w	
<b>23nd Lord's Day after</b> <b>Pentecost (2LD)</b> <i>Ss. Zachary &amp; Elizabeth</i> <i>Within the Octave</i>	Within the Octave (2oct)	Within the Octave (2oct)	Four Holy Crowned Martyrs (4f) Octave Day of All Saints'	<b>St. Benignus, disciple of St.</b> <b>Patrick, BpC (4f)</b> <i>St. Theodore, M</i> <i>Dedication of the Basilica of</i> <i>Our Savior in 4th Century</i> <i>AD</i>	Ss. Tryphon & Respicius, Mm; and Nympha, VM (4f)	Regular Fast Vigil of Feast of God the Father (1vig) St. Martin of Tours, BpC St. Mennas, M	
12 w FEAST DAY OF OBLIGATION	13 w FEAST DAY OF OBLIGATION	14 w FEAST DAY OF OBLIGATION	15 w	<b>16</b> w	17 w 🦃	18 w	
FEAST OF GOD THE FATHER (1DO/1oct/1LD)	GOD THE FATHER 2ND WEEKDAY (1DO/loct)	GOD THE FATHER 3RD WEEKDAY (1DO/loct)	God the Father 4th Weekday (1oct)	God the Father 5th Weekday (1oct) St. Gertrude, V	God the Father 6th Weekday (1oct)	God the Father 7th Weekday (loct) Dedication of the Basilicas of Ss. Peter & Paul in 4th Century AD)	
<b>19</b> w	<b>20</b> w	<b>21</b> w	22 к	23 R	24 R[1]	25 R [2]	
Octave Day of Feast of God the Father (loct) 25th Lord's Day after Pentecost St. Pontianus, PM) St. Elizabeth of Hungary, W	St. Felix of Valois, C (4f)	OT Lesser prophets: Osee, Joel, Amos, Abdias, Jonas, Micheas, Nahum, Habacuc, Sophonias, Aggeus, Zacharias & Malachias, Dd (3f)	St. Cecilia, VM (4f)	<b>St. Clement I, PM</b> St. Felicitas, M	<b>St. Chrysogonus, M (4f)</b> [Begin Holy Souls Novena]	St. Catherine of Alexandria, VM (4f)	
<b>26</b> G [3]	27 w [4]	28 w [5]	29 R [6]	<b>30</b> R [7]			
Last Lord's Day after Pentecost (2LD) The Purification of St. Anne St. Sylvester, Ab St. Peter of Alexandria, BpM	Our Lady of the Miraculous Medal (2f)	St. Catherine Labouré, V (4f)	St. Saturninus, M, (4f)	<b>St. Andrew, Ap (3f)</b> (Begin St. Andrew Advent Prayer)			



HAIL and blessed be the hour and the moment in which the Son of God was born of the most pure Blessed Virgin Mary at midnight in Bethlehem in the piercing cold. In that hour vouchsafe, O my God, to hear my prayer and grant my petitions. Through the merits of Jesus Christ Our Lord. Amen.

## Twelfth Month 2023

## Month of the Nativity of Our Lord

Lord's Day	2nd Weekday	3rd Weekday	4th Weekday	5th Weekday	6th Weekday	7th Weekday
					1 G [8] <u>First 6th Weekday</u> [Holy Hour]	2 R [9] <u>First 7th Weekday</u> [Exorcism]
					Ferial Day (3fer)	St. Bibiana, VM (4f)
<b>3</b> V 1st Lord's Day in Advent	4 w Light Fast	5 w	6 w	<b>7</b> w	<b>8</b> w	<b>9</b> w
( <b>1LD</b> ) OT Kings & Other Rulers: Joseph, Josue, King David, King Ezechias, King Josias & Nehemias, RrCc (Begin Advent Antiphons)	<b>St. Peter Chrysologus,</b> <b>BpCD (4f)</b> <i>St. Barbara, VM</i> <i>Ferial Day</i>	St. Sabbas, Ab (4f) Ferial Day	<b>St. Nicholas, BpC (4f)</b> Ferial Day	<b>St. Ambrose, BpCD (4f)</b> Ferial Day	IMMACULATE CONCEPTION OF THE BLESSED VIRGIN (1DO/2oct) Ferial Day	<b>Within the Octave (2oct)</b> <i>Ferial Day</i>
<b>10</b> v	11 w Kast	12 w Within the Octave (20ct)	13 R Light Fast	14 w	15 w	<b>16</b> R
<b>2nd Lord's Day in Advent</b> ( <b>1LD</b> ) <i>St. Melchiades, PM</i> <i>Within the Octave</i>	<b>St. Damasus I, PC (4f)</b> Within the Octave Ferial Dav	Ferial Day GUADALUPE (2DO) for New Mexico and other places	<b>St. Lucy, VM (4f)</b> Within the Octave Ferial Day	Rededication of the Temple in Jerusalem (Hanukkah) (3f) Within the Octave Ferial Day	Octave Day of the Immaculate Conception (2oct) Ferial Day	<b>St. Eusebius of Vercelli,</b> <b>BpM (4f)</b> <i>Ferial Day</i>
17 V (Rose)	18 v 🖙	<b>19</b> w	20 v 🖙	21 R	22 v	23 v
<b>3rd Lord's Day in Advent</b> ( <b>1LD</b> ): Gaudete OT Major Prophets: Isaias, Jeremias, Baruch, Ezechiel & Daniel, Dd (Begin "O" Antiphons)	Regular Fast Ferial Day (2fer)	Regular Fast St. Anastasius I, PC (4f) Ferial Day	Regular Fast Ember Day: 4th Weekday	Regular Fast St. Thomas, Ap (3f) Ferial Day	Regular Fast Ember Day: 6th Weekday	Regular Fast OT Machabees: Mathathias, John, Simon, Judas, Eleazar & Jonathan, RrCc (3f) Ember Day: 7th Weekday
24 V Vigil of the Nativity of Our Lord (1vig) 4th Lord's Dav in Advent	25 w FEAST DAY OF OBLIGATION	26 w FEAST DAY OF OBLIGATION	27 w FEAST DAY OF OBLIGATION	<b>28</b> w	29 "	<b>30</b> w
<b>31</b> W Lord's Day within the Octave of Christmas (loct) St. Sylvester I, PC Within the Octave	NATIVITY OF OUR LORD JESUS CHRIST (1DO): Christmas Day	WITHIN THE OCTAVE OF CHRISTMAS (1DO/loct)	WITHIN THE OCTAVE OF CHRISTMAS (1DO/loct)	Within the Octave of Christmas (loct)	Within the Octave of Christmas (loct) St. Thomas Becket, BpM	Within the Octave (1oct)

#### On Mary's Little Remnant Catholic Calendar

The things listed in this calendar are mandatory for all Catholics who do not belong to a religious order, except for the things that are in brackets [], as they are only for members of Mary's Little Remnant.

Mary's Little Remnant (MLR) is a Catholic lay order, formed and ruled by me, Richard Joseph Michael Ibranyi (RJMI), but clerics can also belong to it. It appeals to a future pope to confirm the order. It is stricter in some parts than the Catholic Church's universal rule for Catholics. (See *The Rule of Mary's Little Remnant.*)

The current nominal-Catholic universal calendar is null and void because apostate antipopes promulgated it. (See RJMI book *Non-Catholics Cannot Hold Offices in the Catholic Church.*) The universal calendar from the time of the last true pope, Honorius II (d. 1130), is still in force. However, I have not yet discovered a calendar from that time period. But even if I do, I would still have the right to make a calendar for my religious order, just as the Benedictines and the Uniate Eastern Church had the right to make their own calendars. Of course, this requires papal approval if possible. When it is not possible to get papal approval and there is good reason to revise the calendar, the law of epikeia allows me to revise the calendar for my religious order. In emergency situations, epikeia allows exemptions from non-dogmatic laws without the need of confirmation or a dispensation from a competent authority. See RJMI book *Exemptions from the Law*. The emergency situation is that the current null-andvoid calendar contains the following problems:

- 1. It contains anti-saints;
- 2. It contains irreverent rankings of some holy things;
- 3. It contains out-of-sequence events (which undermines the Biblical record of these events);
- 4. It contains hardly any Old Testament saints and feasts;
- 5. It abolished the Lenten and Advent fasts;
- 6. It does not contain some New Testament era saints that should be honored;
- 7. It contains contradictions to its own laws in writing and practice;
- 8. It contains too many exceptions.

It is my hope that the next pope will confirm this calendar as the universal calendar. Until then, I can only bind my religious order to it. I can only recommend that Catholics who do not belong to my order follow it.

However, all Catholics are bound to observe the things in this calendar that are also contained in the universal calendar that was in force in the days of Honorius II. Even though I do not have that calendar, I used the information I do have that is closest to that time as the rule for what all Catholics are bound to observe and I have noted it in these rules.

The pre- and post-1960 ranking system for feasts and other days in the liturgical year are null and void because they were promulgated by apostate antipopes. The pre-1960 system (as contained in 1950's missals) was a mess,

contradicted itself in several places, and contained the eight problems mentioned previously. The ranking system promulgated by Apostate Antipope John XXIII in 1960 is better but included too many exceptions and contains the same eight problems. Hence my ranking system is based mostly upon the post-1960 ranking system with revisions to it. For a detailed explanation of all the revisions and additions to the calendar and the rubrics, see RJMI book *Revisions to the Roman Missal and Calendar*. As of this calendar, this book is not yet available.

#### Abbreviations

Ab	Abbot	ОТ	Old Testament
Ap(p)	Apostle(s)	P(p)	Pope(s)
Bp(p)	Bishop(s)	R(r)	Ruler(s)
C(c)	Confessor(s)	St	Saint
D	Doctor of the Church	Ss	Saints
Ev	Evangelist	V(v)	Virgin(s)
HW(w)	Holy Woman (Women)	W	Widow
M(m)	Martyr(s)	(italics)	Diocesan observances
		[]	Not commemorated at Mass because too many commemorations

#### **Rankings and vestment colors**

1	First class	fer	Ferial day
2	Second class	LD	Lord's Day
3	Third class	В	Black vestments
4	Fourth class	G	Green vestments
F	Feast	R	Red vestments
oct	Octave	V	Violet vestments
vig	Vigil	W	White vestments
DO	Day of obligation		

#### List of Days of Obligation for Members of MLR

The current null-and-void calendar contains too few days of obligation. For example, in the fourth century the Lord's Day and the major feast days of Christmas, Epiphany, and Resurrection Day, and the seven days which preceded and followed each these three feasts were days of obligation, as well as several other days. A 1938 Roman Breviary lists the current holy days of obligation including some formerly kept. There were 35 days plus 52 Lord's Days that were days of obligation, which equals 87 days of the year. And that does not include non-universal days of obligation for specific dioceses and religious orders.

The days of obligation on the MLR Calendar are shaded in blue and red; and first, second, and third class feast days that are not days of obligation are shaded in light gray; and fourth class feast days are not shaded. While members of MLR believe the doctrines of the Immaculate Conception and the Assumption, these doctrines have not yet been infallibly defined. Apostate Antipopes Pius IX in 1854 and Pius XII in 1950 attempted to infallibly define them, but their acts were null and void. However, even before these attempted infallible definitions, these feasts were observed by certain religious orders and in certain dioceses. Hence MLR observes them as feast days of obligation. What follows is the MLR Calendar's list of days of obligation which all of its members are bound to observe. The days of obligation that are always on the Lord's Day are marked with a cross (†).

- 1. † The Lord's Day, on the 1st day of the week (1LD or 2LD)
- 2. Circumcision of Our Lord/Octave Day of Christmas, on 1/1 (1DO/1oct)
- 3. Presentation of Jesus/Purification of Mary, on 1/4 (1DO)
- 4. Epiphany of Our Lord, on 1/6 (1DO/2oct)
- 5. The Holy Innocents, on 1/7 (3DO/2oct)
- 6. † The Holy Family/First Lord's Day after Epiphany (1DO/2LD)
- 7. Solemnity of the Apostles, on the 4th Weekday after the Second Lord's Day after Epiphany (3DO)
- 8. † Trinity Day (1DO/1oct/1LD), on the Lord's Day before the Last Lord's Day after Epiphany, and the two days following (1DO/1oct)
- 9. Ash Day (3DO/1fer)
- 10. The Annunciation & Incarnation, on 3/25 (1DO)
- 11. † Palm Day (1DO/1LD)
- 12. Maundy Day, Good 6th Weekday, and Holy 7th Weekday (1DO)
- 13. † Resurrection Day (1DO/1oct/1LD), and the two days following (1DO/1oct)
- 14. Solemnity of St. Joseph, Patron of the Universal Church, on the third 4th Weekday after Resurrection Day (3DO/2oct)
- 15. Ascension of Our Lord, on the 40th day after Resurrection Day inclusive (1DO/2oct)
- 17. Assumption of the Blessed Virgin Mary, on 8/15 (2DO/2oct)
- † Coronation and Queenship of the Blessed Virgin Mary, on the Lord's Day after the Assumption (2DO)
- 19. Holy Angels' Day, on 10/2 (3DO/2oct)
- 20. All Saints' Day, on 11/1 (3&4DO/2oct)
- 21. † Feast of God the Father (1DO/1oct/1LD), on the second Lord's Day before the Last Lord's Day after Pentecost, and the two days following (1DO/1oct)
- 22. Immaculate Conception of the Blessed Virgin Mary, on 12/8 (2DO/2oct)

23. Nativity of Our Lord Jesus Christ: Christmas Day (1DO/1oct), on 12/25, and the two days following (1DO/1oct)

It is recommended that Catholics take off from work, if possible, the week after Christmas, Trinity Day, Resurrection Day, Pentecost Day, and the Feast of God the Father and thus not just the two days that follow the feast day. For exceptions for Catholics living in non-Catholic nations and for work that can be done on days of obligation, see RJMI article *The Law of No Unnecessary Work on the Lord's Day*.

#### **Old Testament Feast Days**

While the Old Testament rituals and ceremonies ended and were replaced by the New Covenant rituals and ceremonies as instituted by the Catholic Church, the Old Testament festival days should still be remembered and commemorated, just as the Old Testament saints, such as (Abraham, Moses, Job, and the Machabees) should be remembered and commemorated. Hence I added three Old Testament Feast Days to the calendar. Passover is already on the calendar on Maundy Day:

1) In honor of Queen Esther's Saving of the Jews from Aman (Purim) on 2/3;
 2) Feast of Tabernacles (Sukkoth) The 4th 5th weekday in the 11th month (Thanksgiving in the USA): 3)Rededication of the Temple by the Machabees (Hanukkah) on 12/14

#### Prayer Notations for Mary's Little Remnant

This calendar contains notations as a reminder for novenas that are prayed by Mary's Little Remnant. On the beginning day of the novena, a (1) is listed, followed by a (2) the next day, etc., to show the day for the particular novena. Other Catholics who do not belong to Mary's Little Remnant are not bound to these special prayers. For the prayer schedule for MLR, see *The Rule of Mary's Little Remnant*.

#### **Rules for Abstinence and Fasting**

- Abstinence: No meat, meat gravy, soup made from meat, or lard may be taken. The 6th weekday is a day of abstinence for all Catholics unless it is also a feast day of obligation.
- Regular Fast: One meal a day, no meat, no alcohol, no dessert.
- Light Fast: Two meals a day, no meat, alcohol and one dessert are allowed.
- **Eucharistic Fast:** No food or drink (except water) may be taken from three hours before Holy Communion until fifteen minutes after.
- No eating between meals on fasting days: Eating outside of the allowed meal or meals on fasting days is not permitted. However, water, coffee, tea, fruit juices, and sodas are allowed. Milk or pureed juices (such as tomato juice, V8, or smoothies) are not allowed outside of the meal except for milk or cream in coffee or tea.
- A regular fast 1) during Holy Week, from the 2nd weekday to the 7th weekday (6 days); 2) during Advent from 12/17 to 12/24, except for the Lord's Day. (7 days); 3) on the Ember Days (12 days); 4) on the Vigils of Trinity Day, Pentecost Day, and the Feast of God the Father (3 days)
- A light fast 1) during Lent until Holy Week. No fasts on the Lord's Day and Holy Days of Obligation. Holy Week is a regular fast from the 2nd weekday to the 7th weekday; 2) on the 2nd, 4th, and 6th weekday during Advent until 12/17. 12/17 to 12/24 is a regular fast.
- For other rules regarding fasting, such as exceptions, see RJMI book *Things Catholics Must Believe and Do:* Special rules regarding fasting.



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