

MARY *and the* SAINTS 2024 CALENDAR



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January

The Virgin with Angels by William-Adolphe Bouguereau (1825-1905). Public domain, via Wikimedia Commons. https://commons.wikimedia.org/wiki/File:William-Adolphe_Bouguereau_The_Virgin_With_Angels.jpg.

February

Madonna at Prayer by Sassoferrato. Used with permission via Restored Traditions.

March

Christ Meets His Mother While Carrying the Cross by E. Murillo. Used with permission via Restored Traditions.

April

The Annunciation by Caravaggio. Used with permission via Restored Traditions.

May

The Visitation by Domenico Ghirlandaio (1449-94), tempera on panel / Bridgeman Images.

June

Immaculate Heart I by C.B. Chambers. Used with permission via Restored Traditions.

July

Our lady of the mount Carmel with st Teresa of Avila, John of the Cross and Souls in Purgatory by Giovanni Battista (Giambattista) Tiepolo, oil on canvas, Luisa Ricciarini / Bridgeman images.

August

The Assumption of the Virgin by Mateo Cerezo (1626-66), oil on canvas / Bridgeman Images.

September

Pieta by William-Adolphe Bouguereau (1825-1905), oil on canvas, Photo © Christie's Images / Bridgeman Images.

October

The Virgin of the Rosary by Bartolomé Esteban Murillo (1617-92), oil on canvas. Public domain, via Wikimedia Commons. https://commons.wikimedia.org/wiki/File:Murillo,_Bartolom%C3%A9_Est%C3%A9ban_-_The_Madonna_of_the_Rosary_-_Google_Art_Project.jpg.

November

Coronation of the Virgin by Diego Velázquez (1599-1660), oil on canvas. Public domain, via Wikimedia Commons. https://commons.wikimedia.org/wiki/File:Diego_Vel%C3%A1zquez_-_Coronation_of_the_Virgin_-_Prado.jpg.

December

Nativity by C. Coypel. Used with permission via Restored Traditions.

Saturdays of Our Lady

Saturdays are especially dedicated to the Blessed Virgin Mary in both the New and the Traditional liturgical calendars. This tradition honors Our Lady for her steadfast faith on the first Holy Saturday, when the faith of the Apostles had been shaken by Our Lord's crucifixion.

Inclusion of Saints

In keeping with its purpose as an aid to devotion rather than an official liturgical Ordo, this calendar includes even those saints who are not commemorated in the liturgy (whether Novus Ordo or Traditional) in the current year. Such saints are principally those whose days fall in Lent or on Sunday.

Note: Many of the dates given for the year of death of Saints of the early centuries are considered uncertain, but we have, for the most part, avoided the use of the symbol c. (circa, around) so as not to encumber this calendar with additional detail.



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NOTES

The Church Calendar

This calendar includes both the *New* or *Novus Ordo* (“Ordinary Form”) Sundays and feast days, and the *Traditional* (“Extraordinary Form”) Sundays and feast days (as of 1962). These latter are observed when the Traditional Latin Mass is offered. The *Novus Ordo* Sundays and feast days, which date from 1970 or later whenever they differ from the Traditional ones, are designated: (*New*). The *Traditional* Sundays and feast days, most of which go back centuries, are designated: (*Trad.*). Also included here are many feast days which no longer appear on either the *New* or the *Traditional* calendar (as of 1962)—such as the feasts of St. Philomena, St. Dismas (the Good Thief), St. Tarcisius, St. Gemma Galgani and St. Dominic Savio; these *Historical* feasts are designated: (*Hist.*). The date after the name of a Saint is the year of the Saint’s death.

Fast and Abstinence

The Church’s current regulations in the U. S. require fasting and abstinence from meat on Ash Wednesday and Good Friday; abstinence from meat on the Fridays of Lent; and abstinence from meat *or* some other penitential or charitable work on every non-Lenten Friday of the year, unless the Friday falls on a solemnity. Abstinence is binding from age 14; fasting is binding from age 18 until age 59.

“According to the Church’s law, the ‘substantial observance’ of Fridays as days of penance, whether by abstinence or in other ways, ‘is a grave obligation.’ (Pope Paul VI, *Paenitemini*, 1966, Norm II, 2).” (Fr. John Hardon, S.J., *Modern Catholic Dictionary*, 1979).




What Is Fasting?

Fasting according to the Church’s norms means eating only one full meal per day. Two smaller meals or snacks may also be eaten, sufficient to maintain one’s strength, but together they should not equal the one full meal. No food may be taken between meals; but liquids, including milk and juice, may be taken between meals. Expectant mothers and the sick are not bound to fast. When health or ability to work would be seriously affected, the law does not oblige. In the current regulations, fasting is always accompanied by abstinence from meat. That is, both of the obligatory fasting days (Ash Wednesday and Good Friday) are also days of abstinence from meat. “Self-imposed observance of fasting on all weekdays of Lent is strongly recommended.” (NCCB, November 18, 1966). Fasting on Holy Saturday is specifically recommended by the Church (currently).


What Is Abstinence?

Abstinence from meat means that no meat (the flesh and organs of mammals and fowl), meat gravy, or meat soup may be taken.

Fish Symbols

The dark fish  indicates days of *obligatory* abstinence from meat; the shaded fish  indicates days of *obligatory* abstinence from meat or *obligatory* substitution of some other sacrifice (see explanation above); the unshaded fish  indicates days of *recommended* (formerly obligatory) abstinence from meat.

Former Penitential Observances

This calendar also marks the “Ember Days,” that is, the Wednesday, Friday and Saturday of four weeks during the year. Ember Fridays were formerly days of fasting and abstinence; Ember Wednesdays and Saturdays were formerly days of fast and *partial* abstinence (meat permitted only at the main meal). Days on which fasting and partial abstinence were formerly required are indicated by an unshaded half-fish . The Ember days, of ancient origin, were days of fasting for the special sanctification of the four seasons and for obtaining God’s blessing on the clergy. They occur during the third week of Advent, the first (full) week of Lent, the week after Pentecost, and the third (full) week in September. Fasting and partial abstinence were formerly required also on the weekdays of Lent (Monday through Saturday, with full abstinence on Friday) and on the vigil of (day before) Pentecost. Holy Saturday and the vigils of the Immaculate Conception and Christmas (December 24 or 23: a choice was permitted) were formerly days of fasting and of complete abstinence from meat (except when the vigil fell on Sunday).

It is praiseworthy to continue the former penitential observances, even though they are no longer obligatory. Penance serves to rectify our self-centeredness, to make up for sins (our own and those of others), to strengthen our wills and to guide us in the steps of our Saviour. It can be a very pure form of love for God, and can be offered up for the conversion of sinners and the relief of the souls in Purgatory.

Notes: Abstinence from meat was formerly binding from age 7; parents who voluntarily maintain this discipline in their families are to be highly commended. Moreover, the new Code of Canon Law states that “pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.” (Canon 1252). Fasting was formerly binding from age 21.



*S*ING OF MARY,
pure and lowly,
Virgin Mother undefiled.
Sing of God's own
Son most holy,
Who became her little child.

—*Sing of Mary*

SUNDAY
The Holy Trinity

MONDAY
The Holy Angels

TUESDAY
The Apostles

WEDNESDAY
Saint Joseph

THURSDAY
Holy Eucharist

FRIDAY
The Passion

SATURDAY
Our Lady

31

1
New Year's Day

2

3

4

5  First Friday

6 First Saturday

Solemnity of the Blessed Virgin Mary, Holy Mother of God, *New**
Octave Day of the Nativity, *New, Trad.*

St. Basil the Great 379, *New*
St. Gregory Nazianzen 389, *New*
The Most Holy Name of Jesus, *Trad.*
St. Macarius the Younger 394, *Hist.*

The Most Holy Name of Jesus, *New*
St. Genevieve 389, *Hist.*

St. Elizabeth Ann Seton 1821, *New*

St. John N. Neumann 1860, *New*
St. Telephorus 136, *Trad.*

St. André Bessette 1937, *New*
Epiphany of the Lord *Trad.*
Sts. Caspar, Balthasar & Melchior 1st C., *Hist.*
St. Raphaela Mary 1925, *Hist.*

7 **Epiphany of the Lord *New***
The Holy Family *Trad.*

8

9

10

11

12 

13

The Baptism of the Lord *New*
St. Apollinaris the Apologist 175, *Hist.*
St. Severin of Noricum 480, *Hist.*

St. Adrian of Canterbury 710, *Hist.*
Sts. Julian & Basilissa 304, *Hist.*

St. William of Bourges 1209, *Hist.*
St. Nicanor 76, *Hist.*
St. John Camillus Bonus 660, *Hist.*

St. Hyginus 142, *Trad.*
St. Paulinus 804, *Hist.*
St. Theodosius 529, *Hist.*

St. Marguerite Bourgeoys 1700, *New/some places*
St. Arcadius 304, *Hist.*
St. Benedict Biscop 690, *Hist.*

St. Hilary of Poitiers 368, *New*
Commemoration of the Baptism of Our Lord *Trad.*
Bl. Veronica of Binasco 1497, *Hist.*

St. Raymond of Peñafort 1275, *New*
St. Lucian of Antioch 312, *Hist.*

14 **2nd Sunday in Ordinary Time *New***
2nd Sunday after Epiphany *Trad.*

15 **Martin Luther King Jr. Day**

16

17

18

19 

20

St. Paul the First Hermit 342, *Trad.*
St. Maurus 580, *Trad.*
Our Lady of Prompt Succor *Trad./some places*
St. Ita 570, *Hist.*

St. Marcellus 309, *Trad.*
Our Lady of Refuge *Hist.*

St. Antony the Abbot 356, *New, Trad.*

St. Prisca 270, *Trad.*
St. Volusian 496, *Hist.*

Sts. Marius, Martha, Audifax & Abachum 270, *Trad.*
St. Canute 1086, *Trad.*
St. Wulstan 1095, *Hist.*

St. Fabian 250, *New, Trad.*
St. Sebastian 288, *New, Trad.*

St. Hilary of Poitiers 368, *Trad.*
St. Felix of Nola 260, *Trad.*
St. Sava 1235, *Hist.*

21 **3rd Sunday in Ordinary Time *New***
3rd Sunday after Epiphany *Trad.*

22 **Day of Prayer for the Legal Protection of Unborn Children**

23

24

25

26 

27

St. Vincent of Saragossa 304, *New*
St. Marianne Cope 1918, *New*
St. Raymond of Peñafort 1275, *Trad.*
St. Emerentiana 304, *Trad.*
Espousals of the Blessed Virgin Mary 1 B.C., *Hist.*

St. Francis de Sales 1622, *New*
St. Timothy 97, *Trad.*

Conversion of St. Paul 36, *New, Trad.*

Sts. Timothy 97, & Titus 96, *New*
St. Polycarp 166, *Trad.*
St. Paula 404, *Hist.*

St. Angela Merici 1540, *New, Trad./some places*
St. John Chrysostom 407, *Trad.*

St. Agnes 304, *New, Trad.*

28 **4th Sunday in Ordinary Time *New***
Septuagesima Sunday *Trad.*

29

30

31

1

2

3

St. Francis de Sales 1622, *Trad.*
St. Gildas the Wise 570, *Hist.*

St. Martina 228, *Trad.*
St. Bathildis 680, *Hist.*

St. John Bosco 1888, *New, Trad.*

*When this feast falls on a Saturday or Monday, the precept to attend Mass is abrogated.

December 2023

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2024

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	