

the ANGELS

2026 CALENDAR



TAN • BOOKS

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ISBN: 978-1-5051-3624-1

Published by TAN Books

PO Box 269

Gastonia, NC 28053

www.TANBooks.com

Printed and Bound in India

January

The Flight into Egypt (c. 1767–70), oil on canvas, Tiepolo, Giovanni Battista (1696–1770). The Metropolitan Museum of Art, New York, NY. Bequest of Mrs. Charles Wrightsman, 2019 / Wikimedia Commons.

February

The Liberation of St. Peter, (1640s) oil on canvas. Antonio de Bellis (c. 1616–1656). Private collection, Scandinavia. Public domain via Wikimedia Commons.

March

The Annunciation (oil on canvas), Odazzi, Giovanni (1663–1731) / Private Collection / Photo © Christie's Images / Bridgeman Images.

April

The Resurrection of Christ, 1700 (oil on canvas), Coypel, Noel (1628–1707) / Musee des Beaux-Arts, Rennes, France / Bridgeman Images.

May

The Ascension of Christ, (1496), oil on canvas, Perugino, Pietro (c.1445–1523), Musee des Beaux-Arts, Lyon France / Photo © Photo Josse / Bridgeman Images.

June

St. Francis of Assisi in Ecstasy, (1594), oil on canvas, Caravaggio (1571–1610), USA. Public domain via Wikimedia Commons.

July

The Travel of the Virgin & St. John to Ephesus, Hernandez. Restored Traditions.

August

Sacred Music, 1841, Mussini, Luigi (1813–88) / Galleria dell'Accademia & Museo degli Strumenti Musicali, Florence, Tuscany, Italy / Bridgeman Images.

September

The Fall of the Rebel Angels, (1660–1665), oil on canvas, Luca Giordano (1634–1705), Austria. Public domain via Wikimedia Commons.

October

The Cloister or the World, (1896). Hacker, Arthur (1858–1919) / © Bradford Museums & Galleries / Bridgeman Images.

November

The Dream of St. Joseph (1652), oil on canvas / Georges de la Tour (1593–1652) / French / Musee des Beaux-Arts, Nantes, France / Bridgeman Images.

December

Mystic Nativity (c. 1500–1501), tempera on panel, Sandro Botticelli (1445–1510), England. Public domain via Wikimedia Commons.

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.

*M*AKE YOURSELF FAMILIAR
WITH THE ANGELS and behold
them frequently in spirit; for, without
being seen, they are present with you.

—*St. Francis de Sales*



28

December 2025

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			

29

February 2026

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

30

31

1 New Year's Day

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

2  First Friday

St. Basil the Great 379, *New*
St. Gregory Nazianzen 389, *New*
St. Macarius the Younger 394, *Hist.*

3

First Saturday

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

4

Epiphany of the
Lord *New*

The Most Holy Name of Jesus,
Trad.
St. Elizabeth Ann Seton 1821, *New*

5

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

6


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

7

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

8

St. Apollinaris the Apologist 175, *Hist.*
St. Severin of Noricum 480, *Hist.*

9 

10

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

11 The Holy Family *Trad.*

The Baptism of the Lord *New*

St. Hyginus 142, *Trad.*

St. Paulinus 804, *Hist.*

St. Theodosius 529, *Hist.*

12

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

13


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

14

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

15

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

16 

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

17

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

18

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

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

19

Martin Luther
King Jr. Day

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

20

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


21

St. Agnes 304, *New, Trad.*

22

Day of Prayer
for the Legal
Protection of
Unborn Children

St. Vincent of Saragossa 304, *Trad.*
St. Anastasius 628, *Trad.*

23 

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.*

24

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

25 3rd Sunday in Ordinary Time *New*
3rd Sunday after Epiphany *Trad.*

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

26

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

27


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

28

St. Thomas Aquinas 1274, *New*
St. Peter Nolasco 1256, *Trad.*
Second Feast of St. Agnes 304,
Trad.

29

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

30 

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

31

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

January 2026

NOTES