







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	M: Martyr Mm: Martyrs P: Pope Pp: Popes Ss.: Saints V: Virgin W: Widow (Saint -name-): Commemoration	Violet 1 <i>Day of Fast</i> Ferial Day	White 2 <i>Day of Fast</i> Saint Francis of Paola, C	Violet 3 <i>Day of Fast</i> Ferial Day	White 4 First Friday <i>Abstinence</i> <i>Day of Fast</i> Saint Isidore, BCD	White 5 First Saturday <i>Day of Fast</i> Saint Vincent Ferrer, C
Violet  6 Passion Sunday	Violet 7 <i>Day of Fast</i> Ferial Day	Violet 8 <i>Day of Fast</i> Ferial Day	Violet 9 <i>Day of Fast</i> Ferial Day	Violet 10 <i>Day of Fast</i> Ferial Day	White 11 <i>Day of Fast</i> <i>Abstinence</i> Seven Sorrows of the BVM (Saint Leo the Great, PCD)	Violet 12 <i>Day of Fast</i> Ferial Day
Violet  13 Palm Sunday	Violet 14 <i>Day of Fast</i> Monday in Holy Week (Saint Justin, M) (Ss. Tiburtius, Valerian & Maximus, Mm)	Violet 15 <i>Day of Fast</i> Tuesday in Holy Week	Violet 16 <i>Day of Fast</i> Wednesday in Holy Week	White 17 <i>Day of Fast</i> Maundy Thursday	Black 18 <i>Day of Fast</i> <i>Abstinence</i> Good Friday	Violet 19 White <i>Day of Fast</i> <i>Abstinence</i> Holy Saturday
White  20 Easter Sunday	White 21 Easter Monday	White 22 Easter Tuesday	White 23 Easter Wednesday (Saint George of Cappadocia, M)	White 24 Easter Thursday (Saint Fidelis of Sigmaringen, M)	White 25 <i>Abstinence</i> Easter Friday	White 26 Easter Saturday (Ss. Cletus & Marcellinus, PpMm)
White  27 Low Sunday (Saint Peter Canisius, CD) (1st Sunday after Easter)	Red 28 Saint Mark, Ev (Saint Paul of the Cross, C) (Saint Vitalis, M)	Red 29 Saint Peter of Verona, M	White 30 Saint Catherine of Siena, V	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.		