




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Red</b> <b>1</b> Saint Ignatius, BM	<b>White</b> <b>2</b> Purification of the Blessed Virgin Mary	<b>Red</b> <b>3</b> Saint Blaise of Sebaste, BM	<b>White</b> <b>4</b> Saint Andrew Corsini, BC	<b>Red</b> <b>5</b> <b>First Friday Abstinence</b> Saint Agatha of Catania, VM	<b>White</b> <b>6</b> <b>First Saturday</b> Saint Titus, BC (Saint Dorothy, VM)
<b>Violet</b>  <b>7</b> Sexagesima Sunday  (Saint Romuald, Ab)	<b>White</b> <b>8</b> Saint John of Matha, C	<b>White</b> <b>9</b> Saint Cyril of Alexandria, BCD  (Saint Apollonia, VM)	<b>White</b> <b>10</b> Saint Scholastica of Nursia, V	<b>White</b> <b>11</b> Apparition of Our Lady of Lourdes	<b>White</b> <b>12</b> <b>Abstinence</b> The Seven Holy Founders of the Servites, Cc	<b>White</b> <b>13</b> Our Lady's Saturday
<b>Violet</b>  <b>14</b> Quinquagesima Sunday  (Saint Valentine, Priest, M)	<b>Red</b> <b>15</b> Ss. Faustinus & Jovita, Mm	<b>Violet</b> <b>16</b> Ferial Day	<b>Violet</b> <b>17</b> <b>Day of Fast Abstinence</b> Ash Wednesday	<b>Red</b> <b>18</b> <b>Day of Fast</b> Saint Simeon, BM  (Ferial Day)	<b>Violet</b> <b>19</b> <b>Day of Fast Abstinence</b> Ferial Day	<b>Violet</b> <b>20</b> <b>Day of Fast</b> Ferial Day
<b>Violet</b>  <b>21</b> 1st Sunday of Lent	<b>White</b> <b>22</b> <b>Day of Fast</b> Saint Peter's Chair at Antioch, Ap  (Commemoration of Saint Paul, Ap)	<b>White</b> <b>23</b> <b>Day of Fast</b> Saint Peter Damian, BCD  (Vigil of Saint Matthias)	<b>Red</b> <b>24</b> <b>Day of Fast Partial Abstinence</b> Ember Wednesday Saint Matthias, Ap	<b>Violet</b> <b>25</b> <b>Day of Fast</b> Ferial Day	<b>Violet</b> <b>26</b> <b>Day of Fast Abstinence</b> Ember Friday Ferial Day	<b>White</b> <b>27</b> <b>Day of Fast Partial Abstinence</b> Ember Saturday Saint Gabriel of Our Lady of Sorrows, C
<b>Violet</b>  <b>28</b> 2nd Sunday of Lent	<b>Ab</b> - Abbot <b>Ap</b> - Apostle <b>B</b> - Bishop <b>BVM</b> - Blessed Virgin Mary <b>C</b> - Confessor <b>Comp.</b> - Companions <b>D</b> - Doctor of the Church <b>Ev</b> - Evangelist		<b>M</b> - Martyr <b>Mm</b> - Martyrs <b>P</b> - Pope <b>Pp</b> - Popes <b>Ss.</b> - Saints <b>V</b> - Virgin <b>W</b> - Widow <b>(Saint -name-)</b> - Commemoration		<b>Day of Fast</b> = 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. <b>Abstinence</b> = Meat (and soup or gravy made from meat) <b>may not</b> be taken at all. <b>Partial Abstinence</b> = Meat (and soup or gravy made from meat) <b>may be eaten only once.</b>	