
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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) may <b>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> .				<b>Red</b> <b>1</b>  Saint Ignatius, BM	<b>White</b> <b>2</b>  <b>First Friday</b> <b>Abstinence</b> Purification of the Blessed Virgin Mary  	<b>White</b> <b>3</b>  <b>First Saturday</b> Our Lady's Saturday (Saint Blaise of Sebaste, BM) 
<b>Violet</b>  <b>4</b>  Sexagesima Sunday (Saint Andrew Corsini, BC)	<b>Red</b> <b>5</b>  Saint Agatha of Catania, VM	<b>White</b> <b>6</b>  Saint Titus, BC (Saint Dorothy, VM)	<b>White</b> <b>7</b>  Saint Romuald, Ab	<b>White</b> <b>8</b>  Saint John of Matha, C	<b>White</b> <b>9</b>  <b>Abstinence</b> Saint Cyril of Alexandria, BCD (Saint Apollonia, VM) 	<b>White</b> <b>10</b>  Saint Scholastica of Nursia, V
<b>Violet</b>  <b>11</b>  Quinquagesima Sunday (Apparition of Our Lady of Lourdes)	<b>White</b> <b>12</b>  The Seven Holy Founders of the Servites, Cc	<b>Violet</b> <b>13</b>  Ferial Day	<b>Violet</b> <b>14</b>  <b>Day of Fast</b> <b>Abstinence</b> Ash Wednesday (Saint Valentine, Priest, M) 	<b>Red</b> <b>15</b>  <b>Day of Fast</b> Ss. Faustinus & Jovita, Mm (Ferial Day)	<b>Violet</b> <b>16</b>  <b>Day of Fast</b> <b>Abstinence</b> Ferial Day 	<b>Violet</b> <b>17</b>  <b>Day of Fast</b> Ferial Day
<b>Violet</b>  <b>18</b>  1st Sunday of Lent (Saint Simeon, BM)	<b>Violet</b> <b>19</b>  <b>Day of Fast</b> Ferial Day	<b>Violet</b> <b>20</b>  <b>Day of Fast</b> Ferial Day	<b>Violet</b> <b>21</b>  <b>Day of Fast</b> <b>Partial Abstinence</b> Ember Wednesday Ferial Day 	<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> <b>Abstinence</b> Ember Friday Saint Peter Damian, BCD 	<b>Violet</b> <b>24</b>  <b>Day of Fast</b> <b>Partial Abstinence</b> Ember Saturday Ferial Day (Vigil of Saint Matthias) 
<b>Violet</b>  <b>25</b>  2nd Sunday of Lent	<b>Red</b> <b>26</b>  <b>Day of Fast</b> Saint Matthias, Ap	<b>Violet</b> <b>27</b>  <b>Day of Fast</b> Ferial Day	<b>White</b> <b>28</b>  <b>Day of Fast</b> Saint Gabriel of Our Lady of Sorrows, C	<b>Violet</b> <b>29</b>  <b>Day of Fast</b> Ferial Day	<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	