













Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Ab: Abbot Ap: Apostle B: Bishop BVM: Blessed Virgin Mary C: Confessor Comp.: Companions D: Doctor of the Church Ev: Evangelist</p> <p>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.</p>						<p>Red 1</p> <p>First Saturday</p> <p>Saint Ignatius, BM</p> 
<p>White  2</p> <p>Purification of the Blessed Virgin Mary (4th Sunday after the Epiphany)</p>	<p>Red 3</p> <p>Saint Blaise of Sebaste, BM</p>	<p>White 4</p> <p>Saint Andrew Corsini, BC</p>	<p>Red 5</p> <p>Saint Agatha of Catania, VM</p>	<p>White 6</p> <p>Saint Titus, BC (Saint Dorothy, VM)</p>	<p>White 7</p> <p>First Friday Abstinence Saint Romuald, Ab</p>  	<p>White 8</p> <p>Saint John of Matha, C</p>
<p>Green  9</p> <p>5th Sunday after the Epiphany (Saint Cyril of Alexandria, BCD) (Saint Apollonia, VM)</p>	<p>White 10</p> <p>Saint Scholastica of Nursia, V</p>	<p>White 11</p> <p>Apparition of Our Lady of Lourdes</p>	<p>White 12</p> <p>The Seven Holy Founders of the Servites, Cc</p>	<p>Green 13</p> <p>Ferial Day</p>	<p>Red 14</p> <p>Abstinence Saint Valentine, Priest, M</p> 	<p>Green 15</p> <p>6th Sunday after the Epiphany [anticipated] (Ss. Faustinus & Jovita, Mm)</p>
<p>Violet  16</p> <p>Septuagesima Sunday</p>	<p>Violet 17</p> <p>Ferial Day</p>	<p>Red 18</p> <p>Saint Simeon, BM</p>	<p>Violet 19</p> <p>Ferial Day</p>	<p>Violet 20</p> <p>Ferial Day</p>	<p>Violet 21</p> <p>Abstinence Ferial Day</p> 	<p>White 22</p> <p>Saint Peter's Chair at Antioch, Ap (Vigil of Saint Matthias) (Commemoration of Saint Paul, Ap)</p>
<p>Violet  23</p> <p>Sexagesima Sunday (Saint Peter Damian, BCD)</p>	<p>Red 24</p> <p>Saint Matthias, Ap</p>	<p>Violet 25</p> <p>Ferial Day</p>	<p>Violet 26</p> <p>Ferial Day</p>	<p>White 27</p> <p>Saint Gabriel of Our Lady of Sorrows, C</p>	<p>Violet 28</p> <p>Abstinence Ferial Day</p> 	<p>M: Martyr Mm: Martyrs P: Pope Pp: Popes Ss.: Saints V: Virgin W: Widow (Saint -name-): Commemoration</p>