







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>Violet</b> <b>1</b> <i>Day of Fast</i> Ferial Day	<b>Violet</b> <b>2</b> <i>Day of Fast</i> Ferial Day	<b>Violet</b> <b>3</b> <i>Day of Fast</i> Ferial Day	<b>White</b> <b>4</b> <i>Day of Fast</i> Saint Casimir, C  (Saint Lucius I, PM)	<b>Violet</b> <b>5</b> <b>First Friday</b> <i>Day of Fast</i> <i>Abstinence</i> Ferial Day	<b>Red</b> <b>6</b> <b>First Saturday</b> <i>Day of Fast</i> Ss. Perpetua & Felicitas, Mm
<b>Violet</b>  <b>7</b> 3rd Sunday of Lent  (Saint Thomas Aquinas, CD)	<b>White</b> <b>8</b> <i>Day of Fast</i> Saint John of God, C	<b>White</b> <b>9</b> <i>Day of Fast</i> Saint Frances of Rome, W	<b>Red</b> <b>10</b> <i>Day of Fast</i> Forty Holy Martyrs of Sebaste	<b>Violet</b> <b>11</b> <i>Day of Fast</i> Ferial Day	<b>White</b> <b>12</b> <i>Day of Fast</i> <i>Abstinence</i> Saint Gregory the Great, PCD	<b>Violet</b> <b>13</b> <i>Day of Fast</i> Ferial Day
<b>Violet (Rose)</b>  <b>14</b> 4th Sunday of Lent  (Laetare Sunday)	<b>Violet</b> <b>15</b> <i>Day of Fast</i> Ferial Day	<b>Violet</b> <b>16</b> <i>Day of Fast</i> Ferial Day	<b>White</b> <b>17</b> <i>Day of Fast</i> Saint Patrick, BC	<b>White</b> <b>18</b> <i>Day of Fast</i> Saint Cyril of Jerusalem, BCD	<b>White</b> <b>19</b> <i>Day of Fast</i> <i>Abstinence</i> Saint Joseph, Spouse of the BVM, C	<b>Violet</b> <b>20</b> <i>Day of Fast</i> Ferial Day
<b>Violet</b>  <b>21</b> Passion Sunday  (Saint Benedict of Nursia, Ab)	<b>White</b> <b>22</b> <i>Day of Fast</i> Saint Isidore the Farmer, C	<b>Violet</b> <b>23</b> <i>Day of Fast</i> Ferial Day	<b>White</b> <b>24</b> <i>Day of Fast</i> Saint Gabriel the Archangel	<b>White</b> <b>25</b> <i>Day of Fast</i> Annunciation of the Blessed Virgin Mary	<b>White</b> <b>26</b> <i>Day of Fast</i> <i>Abstinence</i> Seven Sorrows of the BVM	<b>White</b> <b>27</b> <i>Day of Fast</i> Saint John Damascene, CD
<b>Violet</b>  <b>28</b> Palm Sunday	<b>Violet</b> <b>29</b> <i>Day of Fast</i> Monday in Holy Week	<b>Violet</b> <b>30</b> <i>Day of Fast</i> Tuesday in Holy Week	<b>Violet</b> <b>31</b> <i>Day of Fast</i> Wednesday in Holy Week	<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	<i>Day of Fast</i> = 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. <i>Abstinence</i> = Meat (and soup or gravy made from meat) <b>may not</b> be taken at all. <i>Partial Abstinence</i> = Meat (and soup or gravy made from meat) <b>may be eaten only once.</b>	