



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>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>Violet</b> <b>1</b> Ferial Day	<b>Violet</b> <b>2</b> <i>Day of Fast Abstinence</i> Ash Wednesday	<b>Violet</b> <b>3</b> <i>Day of Fast</i> Ferial Day	<b>White</b> <b>4</b> <i>First Friday Abstinence Day of Fast</i> Saint Casimir, C (Saint Lucius I, PM)	<b>Violet</b> <b>5</b> <i>First Saturday Day of Fast</i> Ferial Day
<b>Violet</b> <b>6</b> 1st Sunday of Lent (Ss. Perpetua & Felicitas, Mm)	<b>White</b> <b>7</b> <i>Day of Fast</i> 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 Partial Abstinence</i> Ember Wednesday 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 Abstinence</i> Ember Friday Ferial Day	<b>White</b> <b>12</b> <i>Day of Fast Partial Abstinence</i> Ember Saturday Saint Gregory the Great, PCD
<b>Violet</b> <b>13</b> 2nd Sunday of Lent	<b>Violet</b> <b>14</b> <i>Day of Fast</i> Ferial Day	<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 Abstinence</i> Saint Cyril of Jerusalem, BCD	<b>White</b> <b>19</b> <i>Day of Fast</i> Saint Joseph, Spouse of the BVM, C
<b>Violet</b> <b>20</b> 3rd Sunday of Lent	<b>White</b> <b>21</b> <i>Day of Fast</i> 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 Abstinence</i> Annunciation of the Blessed Virgin Mary	<b>Violet</b> <b>26</b> <i>Day of Fast</i> Ferial Day
<b>Violet (Rose)</b> <b>27</b> 4th Sunday of Lent (Saint John Damascene, CD) (Laetare Sunday)	<b>White</b> <b>28</b> <i>Day of Fast</i> Saint John of Capistrano, C	<b>Violet</b> <b>29</b> <i>Day of Fast</i> Ferial Day	<b>Violet</b> <b>30</b> <i>Day of Fast</i> Ferial Day	<b>Violet</b> <b>31</b> <i>Day of Fast</i> Ferial Day	<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>	

You can access the Traditional Catholic Calendar from the following webpage: [vaticancatholic.com/catholic-calendar](http://vaticancatholic.com/catholic-calendar)