







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ab - Abbot Ap - Apostle B - Bishop BVM - Blessed Virgin Mary C - Confessor Comp. - Companions D - Doctor of the Church Ev - Evangelist	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.		Violet 1 Day of Fast Partial Abstinence Ember Wednesday Ferial Day	Violet 2 Day of Fast Ferial Day	Violet 3 First Friday Abstinence Day of Fast Ember Friday Ferial Day	White 4 First Saturday Partial Abstinence Day of Fast Ember Saturday Saint Casimir, C (Saint Lucius I, PM)
Violet  5 2nd Sunday of Lent	Red 6 Day of Fast Ss. Perpetua & Felicitas, Mm	White 7 Day of Fast Saint Thomas Aquinas, CD	White 8 Day of Fast Saint John of God, C	White 9 Day of Fast Saint Frances of Rome, W	Red 10 Day of Fast Abstinence Forty Holy Martyrs of Sebaste	Violet 11 Day of Fast Ferial Day
Violet  12 3rd Sunday of Lent (Saint Gregory the Great, PCD)	Violet 13 Day of Fast Ferial Day	Violet 14 Day of Fast Ferial Day	Violet 15 Day of Fast Ferial Day	Violet 16 Day of Fast Ferial Day	White 17 Day of Fast Abstinence Saint Patrick, BC	White 18 Day of Fast Saint Cyril of Jerusalem, BCD
Violet (Rose)  19 4th Sunday of Lent (Laetare Sunday)	White 20 Day of Fast Saint Joseph, Spouse of the BVM, C	White 21 Day of Fast Saint Benedict of Nursia, Ab	White 22 Day of Fast Saint Isidore the Farmer, C	Violet 23 Day of Fast Ferial Day	White 24 Day of Fast Abstinence Saint Gabriel the Archangel	White 25 Day of Fast Annunciation of the Blessed Virgin Mary
Violet  26 Passion Sunday	White 27 Day of Fast Saint John Damascene, CD	White 28 Day of Fast Saint John of Capistrano, C	Violet 29 Day of Fast Ferial Day	Violet 30 Day of Fast Ferial Day	White 31 Day of Fast Abstinence Seven Sorrows of the BVM	M - Martyr Mm - Martyrs P - Pope Pp - Popes Ss. - Saints V - Virgin W - Widow (Saint -name-) - Commemoration