



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	M - Martyr Mm - Martyrs P - Pope Pp - Popes Ss. - Saints V - Virgin W - Widow (Saint -name-) - Commemoration	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 First Friday Abstinence Day of Fast Ferial Day 	Violet First Saturday Day of Fast Ferial Day 
Violet  3 3rd Sunday of Lent	White 4 Day of Fast Saint Casimir, C (Saint Lucius I, PM)	Violet 5 Day of Fast Ferial Day	Red 6 Day of Fast Ss. Perpetua & Felicitas, Mm	White 7 Day of Fast Saint Thomas Aquinas, CD	White 8 Day of Fast Abstinence Saint John of God, C 	White 9 Day of Fast Saint Frances of Rome, W
Violet (Rose)  10 4th Sunday of Lent (Forty Holy Martyrs of Sebaste) (Laetare Sunday)	Violet 11 Day of Fast Ferial Day	White 12 Day of Fast Saint Gregory the Great, PCD	Violet 13 Day of Fast Ferial Day	Violet 14 Day of Fast Ferial Day	Violet 15 Day of Fast Abstinence Ferial Day 	Violet 16 Day of Fast Ferial Day
Violet  17 Passion Sunday (Saint Patrick, BC)	White 18 Day of Fast Saint Cyril of Jerusalem, BCD	White 19 Day of Fast Saint Joseph, Spouse of the BVM, C	Violet 20 Day of Fast Ferial Day	White 21 Day of Fast Saint Benedict of Nursia, Ab	White 22 Day of Fast Abstinence Seven Sorrows of the BVM (Saint Isidore the Farmer, C) 	Violet 23 Day of Fast Ferial Day
Violet White  24/31 Palm Sunday Easter Sunday	Violet 25 Day of Fast Monday in Holy Week	Violet 26 Day of Fast Tuesday in Holy Week	Violet 27 Day of Fast Wednesday in Holy Week (Saint John Damascene, CD)	White 28 Day of Fast Maundy Thursday	Black 29 Day of Fast Abstinence Good Friday 	Violet White 30 Day of Fast Abstinence Holy Saturday 