









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.				White 1 First Saturday Our Lady's Saturday 
Violet  2 Quinquagesima Sunday	Violet 3 Ferial Day	White 4 Saint Casimir, C (Saint Lucius I, PM)	Violet 5 Day of Fast Abstinence Ash Wednesday	Red 6 Day of Fast Ss. Perpetua & Felicitas, Mm	White 7 First Friday Abstinence Day of Fast Saint Thomas Aquinas, CD 	White 8 Day of Fast Saint John of God, C
Violet  9 1st Sunday of Lent (Saint Frances of Rome, W)	Red 10 Day of Fast Forty Holy Martyrs of Sebaste	Violet 11 Day of Fast Ferial Day	White 12 Day of Fast Partial Abstinence Ember Wednesday Saint Gregory the Great, PCD	Violet 13 Day of Fast Ferial Day	Violet 14 Day of Fast Abstinence Ember Friday Ferial Day	Violet 15 Day of Fast Partial Abstinence Ember Saturday Ferial Day
Violet  16 2nd Sunday of Lent	White 17 Day of Fast 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 Abstinence Saint Benedict of Nursia, Ab	White 22 Day of Fast Saint Isidore the Farmer, C
Violet  23/30 3rd Sunday of Lent	White 24/31 Violet Day of Fast Saint Gabriel the Archangel	White 25 Day of Fast Annunciation of the Blessed Virgin Mary	Violet 26 Day of Fast Ferial Day	White 27 Day of Fast Saint John Damascene, CD	White 28 Day of Fast Abstinence Saint John of Capistrano, C	Violet 29 Day of Fast Ferial Day
4th Sunday of Lent (Laetare Sunday)	Day of Fast Ferial Day				