

"Hear, I beseech you, my words, and do penance" (Job 21:2).
"God hath given him place for penance, and he abuseth it unto pride." (Job 24:23).
"If we do not penance, we shall fall into the hands of the Lord" (Ecclus. 2:22).
"Do penance for all your iniquities and iniquity shall not be your ruin" (Ezech. 18:30).

SUNDAY FEBRUARY 26	MONDAY FEBRUARY 27	TUESDAY FEBRUARY 28	WEDNESDAY MARCH 1	THURSDAY MARCH 2	FRIDAY MARCH 3	SATURDAY MARCH 4	SUNDAY MARCH 5	MONDAY MARCH 6	TUESDAY MARCH 7
			Day of Fast & Abstinence	Fast & Partial Abstinence	Day of Fast & Abstinence	Fast & Partial Abstinence	First Sunday of Lent	Fast & Partial Abstinence	Fast & Partial Abstinence
Quinquagosima				39		37		36	
Quinquagesima Sunday			ASH WEDNESDAY		FIRST FRIDAY	FIRST SATURDAY			
WEDNESDAY MARCH 8 Fast & Partial Abstinence Ember Day	THURSDAY MARCH 9 Fast & Partial Abstinence	FRIDAY MARCH 10 Day of Fast & Abstinence Ember Day	SATURDAY MARCH 11 Fast & Partial Abstinence Ember Day	SUNDAY MARCH 12 Second Sunday of Lent	MONDAY MARCH 13 Fast & Partial Abstinence	TUESDAY MARCH 14 Fast & Partial Abstinence	WEDNESDAY MARCH 15 Fast & Partial Abstinence	THURSDAY MARCH 16 Fast & Partial Abstinence	FRIDAY MARCH 17 Day of Fast & Abstinence
34	33		31		30		28	27	26
									ST. PATRICK
SATURDAY MARCH 18 Fast & Partial Abstinence First Saturday	SUNDAY MARCH 19 Third Sunday of Lent	MONDAY MARCH 20 Fast & Partial Abstinence	TUESDAY MARCH 21 Fast & Partial Abstinence	WEDNESDAY MARCH 22 Fast & Partial Abstinence	THURSDAY MARCH 23 Fast & Partial Abstinence	FRIDAY MARCH 24 Day of Fast & Abstinence	SATURDAY MARCH 25 Fast & Partial Abstinence	SUNDAY MARCH 26 Fourth Sunday of Lent	MONDAY MARCH 27 Fast & Partial Abstinence
25		24		22		20			18
	ST. JOSEPH						THE ANNUNCIATION	LAETARE SUNDAY	
TUESDAY MARCH 28 Fast & Partial Abstinence	WEDNESDAY MARCH 29 Fast & Partial Abstinence	THURSDAY MARCH 30 Fast & Partial Abstinence	FRIDAY MARCH 31 Day of Fast & Abstinence	SATURDAY APRIL 1 Fast & Partial Abstinence	SUNDAY APRIL 2 Fifth Sunday of Lent	MONDAY APRIL 3 Fast & Partial Abstinence	TUESDAY APRIL 4 Fast & Partial Abstinence	WEDNESDAY APRIL 5 Fast & Partial Abstinence	THURSDAY APRIL 6 Fast & Partial Abstinence
17	16		14					10	
				FIRST SATURDAY	PASSION SUNDAY				
FRIDAY APRIL 7 Day of Fast & Abstinence	SATURDAY APRIL 8 Fast & Partial Abstinence	SUNDAY APRIL 9 Sixth Sunday of Lent	MONDAY APRIL 10 Fast & Partial Abstinence Monday of Holy Week	TUESDAY APRIL 11 Fast & Partial Abstinence Tuesday of Holy Week	WEDNESDAY APRIL 12 Fast & Partial Abstinence Wednesday of Holy Week	THURSDAY APRIL 13 Fast & Partial Abstinence Thursday of Holy Week	FRIDAY APRIL 14 Day of Fast & Abstinence	SATURDAY APRIL 15 Fast & Partial Abstinence Vigil of Easter	SUNDAY APRIL 16
8				5		3			
Seven Sorrows of BVM FIRST FRIDAY		PALM SUNDAY				HOLY THURSDAY	GOOD FRIDAY	HOLY SATURDAY	EASTER SUNDAY

"Do penance: for the kingdom of heaven is at hand" (Matt. 3:2). "Bring forth therefore fruit worthy of penance" (Matt. 3:8). "Unless you do penance, you shall all likewise perish" (Lk. 13:3).

"There shall be joy in heaven upon one sinner that doth penance, more than upon ninety-nine just who need not penance" (Lk. 15:10).