

"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 MARCH 2	MONDAY MARCH 3	TUESDAY MARCH 4	WEDNESDAY MARCH 5 Day of Fast & Abstinence	THURSDAY MARCH 6 Fast & Partial Abstinence	FRIDAY MARCH 7 Day of Fast & Abstinence	SATURDAY MARCH 8 Fast & Partial Abstinence	SUNDAY MARCH 9 First Sunday of Lent	MONDAY MARCH 10 Fast & Partial Abstinence	TUESDAY MARCH 11 Fast & Partial Abstinence
				39		37		36	35
Quinquagesima			ASH WEDNESDAY		FIRST FRIDAY				
WEDNESDAY MARCH 12 Fast & Partial Abstinence Ember Day	THURSDAY MARCH 13 Fast & Partial Abstinence	FRIDAY MARCH 14 Day of Fast & Abstinence Ember Day	SATURDAY MARCH 15 Fast & Partial Abstinence Ember Day	SUNDAY MARCH 16 Second Sunday of Lent	MONDAY MARCH 17 Fast & Partial Abstinence	TUESDAY MARCH 18 Fast & Partial Abstinence	WEDNESDAY MARCH 19 Fast & Partial Abstinence	THURSDAY MARCH 20 Fast & Partial Abstinence	FRIDAY MARCH 21 Day of Fast & Abstinence
34	33		31		30		28		26
					ST. PATRICK		ST. JOSEPH		
SATURDAY MARCH 22 Fast & Partial Abstinence First Saturday	SUNDAY MARCH 23 Third Sunday of Lent	MONDAY MARCH 24 Fast & Partial Abstinence	TUESDAY MARCH 25 Fast & Partial Abstinence	WEDNESDAY MARCH 26 Fast & Partial Abstinence	THURSDAY MARCH 27 Fast & Partial Abstinence	FRIDAY MARCH 28 Day of Fast & Abstinence	SATURDAY MARCH 29 Fast & Partial Abstinence	SUNDAY MARCH 30 Fourth Sunday of Lent	MONDAY MARCH 31 Fast & Partial Abstinence
25		24		22		20			18
			ANNUNCIATION					LAETARE SUNDAY	
TUESDAY APRIL 1 Fast & Partial Abstinence	WEDNESDAY APRIL 2 Fast & Partial Abstinence	THURSDAY APRIL 3 Fast & Partial Abstinence	FRIDAY APRIL 4 Day of Fast & Abstinence	SATURDAY APRIL 5 Fast & Partial Abstinence	SUNDAY APRIL 6 Fifth Sunday of Lent	MONDAY APRIL 7 Fast & Partial Abstinence	TUESDAY APRIL 8 Fast & Partial Abstinence	WEDNESDAY APRIL 9 Fast & Partial Abstinence	THURSDAY APRIL10 Fast & Partial Abstinence
17	16		14						
			FIRST FRIDAY	FIRST SATURDAY	PASSION SUNDAY				
FRIDAY APRIL11 Day of Fast & Abstinence	SATURDAY APRIL12 Fast & Partial Abstinence	SUNDAY APRIL 13 Sixth Sunday of Lent	MONDAY APRIL 14 Fast & Partial Abstinence Monday of Holy Week	TUESDAY APRIL 15 Fast & Partial Abstinence Tuesday of Holy Week	WEDNESDAY APRIL 16 Fast & Partial Abstinence Wednesday of Holy Week	THURSDAY APRIL 17 Fast & Partial Abstinence Thursday of Holy Week	FRIDAY APRIL 18 Day of Fast & Abstinence	SATURDAY APRIL 19 Fast & Partial Abstinence Vigil of Easter	SUNDAY APRIL 20
Seven Sorrows of BVM		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).