

"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).