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- "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).
- "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).

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