# Resoice O'Carsh

CATHOLIC EXTENSION

Building Faith Inspiring Hope Igniting Change

#### THE OFFICIAL CATHOLIC CALENDAR FOR OVER 100 YEARS

One hundred percent of the proceeds we raise from our calendars strengthens the presence and mission of the Catholic Church in under-resourced Catholic communities across the United States.

Thank you for your support.



## **JANUARY 2022**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		y founded Catholic Exte ken the missionary spiri	DECEMBER     2021       S     M     T     W     T     F     S       1     2     3     4       5     6     7     8     9     10     11       12     13     14     15     16     17     18       19     20     21     22     23     24     25       26     27     28     29     30     31	FEBRUARY  S M T W T F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 SOLEMNITY OF MARY, THE HOLY MOTHER OF GOD The Octave Day of the Nativity of the Lord New Year's Day ★  ☑	
THE EPIPHANY OF THE LORD	The Most Holy Name of Jesus Christmas Weekday	ST. ELIZABETH ANN SETON, RELIGIOUS Christmas Weekday	5 ST. JOHN NEUMANN, BISHOP Christmas Weekday	6 St. André Bessette, Religious Christmas Weekday	7 St. Raymond of Penyafort, Priest Christmas Weekday First Friday of the Month 図図	8 Christmas Weekday
THE BAPTISM OF THE LORD	10 FIRST WEEK IN ORDINARY TIME	11 6	12 6	St. Hilary, Bishop and Doctor of the Church	146	15 <b>G</b> M
16 SECOND SUNDAY IN ORDINARY TIME	17 ST. ANTHONY, ABBOT Martin Luther King, Jr. Day *	18 6	19 6	St. Fabian, Pope and Martyr St. Sebastian, Martyr GRR	21 ST. AGNES, VIRGIN AND MARTYR	DAY OF PRAYER FOR THE LEGAL PROTECTION OF UNBORN CHILDREN
THIRD SUNDAY IN ORDINARY TIME	ST. FRANCIS DE SALES, BISHOP AND DOCTOR OF THE CHURCH	THE CONVERSION OF ST. PAUL THE APOSTLE	26 STS. TIMOTHY AND TITUS, BISHOPS	27 St. Angela Merici, Virgin	28 ST. THOMAS AQUINAS, PRIEST AND DOCTOR OF THE CHURCH	29 <b>G</b> W
30 FOURTH SUNDAY IN ORDINARY TIME	31 ST. JOHN BOSCO, PRIEST	•				



## **FEBRUARY 2022**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S M T W T F S   1   2   3   4   5   6   7   8   8   9   10   11   12   13   14   15   16   17   18   19   20   21   22   23   24   25   26   27   28   29   30   31	M R C H       S     M     T     W     T     F     S       1     2     3     4     5       6     7     8     9     10     11     12       13     14     15     16     17     18     19       20     21     22     23     24     25     26       27     28     29     30     31	1 6	THE PRESENTATION OF THE LORD	3 St. Blaise, Bishop and Martyr St. Ansgar, Bishop GRW	First Friday of the Month	5 ST. AGATHA, VIRGIN AND MARTYR
FIFTH SUNDAY IN ORDINARY TIME	7 6	St. Jerome Emiliani St. Josephine Bakhita, Virgin  MW	9 6	10 st. scholastica, virgin	11 Our Lady of Lourdes	12
13 SIXTH SUNDAY IN ORDINARY TIME	14 STS. CYRIL, MONK, AND METHODIUS, BISHOPS St. Valentine's Day	15 •	16 •	The Seven Holy Founders of the Servite Order	18 6	19
SEVENTH SUNDAY IN ORDINARY TIME	21 St. Peter Damian, Bishop and Doctor of the Church Presidents' Day ★	THE CHAIR OF ST. PETER THE APOSTLE	3 ST. POLYCARP, BISHOP AND MARTYR	24 6	25	26
27 EIGHTH SUNDAY IN	28 <b>G</b>					

Z / ORDINARY TIME

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#### **MARCH 2022**



MAKC					CATHOLIC	EXTENSION
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
the hidden heroes of each year with the	on has recognized of mission dioceses he Lumen Christi Ince 1977.	1 6	2 ASH WEDNESDAY ►	3 THURSDAY AFTER ASH WEDNESDAY St. Katharine Drexel, Virgin ▼	FRIDAY AFTER ASH WEDNESDAY St. Casimir First Friday of the Month	5 SATURDAY AFTER ASH WEDNESDAY
6 FIRST SUNDAY OF LENT	7 Sts. Perpetua and Felicity, Martyrs	St. John of God, Religious	9 St. Frances of Rome, Religious ✓	10 •	11 •	12 💆
13 SECOND SUNDAY OF LENT Daylight Saving Time Begins	14 •	<b>15™</b>	16	17 St. Patrick, Bishop St. Patrick's Day	St. Cyril of Jerusalem, Bishop and Doctor of the Church	ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY
20 THIRD SUNDAY OF LENT ✓	21 🔻	22	23 St. Turibius of Mogrovejo, Bishop	24 🔻	THE ANNUNCIATION OF THE LORD	26 •
27 FOURTH SUNDAY OF LENT Vor ™	28 🔻	29 🔻	30 •	31	FEBRUARY  S M T W T F S  1 2 3 4 5  6 7 8 9 10 11 12  13 14 15 16 17 18 19  20 21 22 23 24 25 26  27 28	S   M   T   W   T   F   S     2



# **APRIL 2022**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
In 1910, Catholic Extension became a papal society under the guidance of the pope.					First Friday of the Month ▼ •	2 St. Francis of Paola, Hermit
3 FIFTH SUNDAY OF LENT ✓	St. Isidore, Bishop and Doctor of the Church	5 St. Vincent Ferrer, Priest  ▼	6 ™	7 St. John Baptist de la Salle, Priest ▼	8 • ∞	9 •
PALM SUNDAY OF THE PASSION OF THE LORD	11 MONDAY OF HOLY WEEK	12 TUESDAY OF HOLY WEEK	13 WEDNESDAY OF HOLY WEEK	THURSDAY OF HOLY WEEK (HOLY THURSDAY)	FRIDAY OF THE PASSION OF THE LORD (GOOD FRIDAY)	16 M
17 EASTER SUNDAY OF THE RESURRECTION OF THE LORD	18 MONDAY WITHIN THE OCTAVE OF EASTER	19 TUESDAY WITHIN THE OCTAVE OF EASTER	20 WEDNESDAY WITHIN THE OCTAVE OF EASTER	THURSDAY WITHIN THE OCTAVE OF EASTER	FRIDAY WITHIN THE OCTAVE OF EASTER	23 SATURDAY WITHIN THE OCTAVE OF EASTER
SECOND SUNDAY OF EASTER (SUNDAY OF DIVINE MERCY)	25 st. mark, evangelist	26 ™	27 🛚	St. Peter Chanel, Priest and Martyr St. Louis Grignion de Montfort, Priest	ST. CATHERINE OF SIENA, VIRGIN AND DOCTOR OF THE CHURCH	30 St. Pius V, Pope



## **MAY 2022**

OF EASTER

Ecclesiastical Provinces of Boston, Hartford, New York, Newark, Omaha and Philadelphia



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THIRD SUNDAY OF EASTER	2 ST. ATHANASIUS, BISHOP AND DOCTOR OF THE CHURCH	3 STS. PHILIP AND JAMES, APOSTLES	4 M	5 •	6 First Friday of the Month	7 🛚
8 FOURTH SUNDAY OF EASTER  Mother's Day	9 •	10 St. Damien de Veuster, Priest	11 ™	12 Sts. Nereus and Achilleus, Martyrs St. Pancras, Martyr	13 Our Lady of Fatima	14 ST. MATTHIAS, APOSTLE
15 FIFTH SUNDAY OF EASTER	16 <sup>M</sup>	17 🛚	18 St. John I, Pope and Martyr	19 🛚	St. Bernardine of Siena, Priest	St. Christopher Magallanes, Priest and Companions, Martyrs WR
22 SIXTH SUNDAY OF EASTER W	23 🛚	24 🕅	25 St. Bede the Venerable, Priest and Doctor of the Church St. Gregory VII, Pope St. Mary Magdalene de' Pazzi, Virgin	Z6 ST. PHILIP NERI, PRIEST  THE ASCENSION OF THE LORD Ecclesiastical Provinces of Boston, Hartford, New York, Newark, Omaha and Philadelphia	27 St. Augustine of Canterbury, Bishop	28™
29 THE ASCENSION OF THE LORD	30 Memorial Day *	31 THE VISITATION OF THE BLESSED VIRGIN MARY		sion funds about nually throughout	APRIL  S M T W T F S  1 2  3 4 5 6 7 8 9	JUNE  S M T W T F S  1 2 3 4  5 6 7 8 9 10 11

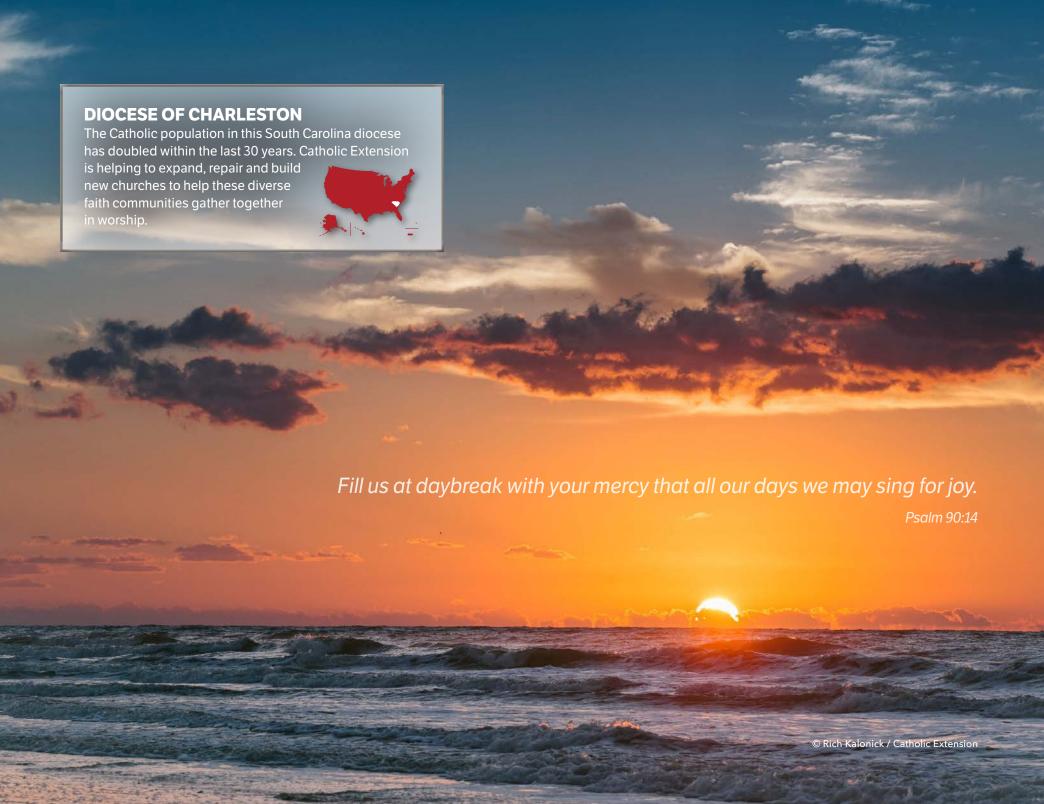
the United States and its territories.



#### **JUNE 2022**



JUNE			CATHOLIC				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
In the past five years, Catholic communities and parishes have raised more than \$1.2 million in support of Catholic Extension's mission through the Parish Partnership Program.			1 ST. JUSTIN, MARTYR	2 Sts. Marcellinus and Peter, Martyrs	3 ST. CHARLES LWANGA AND COMPANIONS, MARTYRS First Friday of the Month	4 🛚	
5 PENTECOST SUNDAY	THE BLESSED VIRGIN MARY, MOTHER OF THE CHURCH TENTH WEEK IN ORDINARY TIME	7 6	8 6	St. Ephrem, Deacon and Doctor of the Church	10 6	11 SAINT BARNABAS, APOSTLE	
12 THE MOST HOLYTRINITY	SAINT ANTHONY OF PADUA, PRIEST AND DOCTOR OF THE CHURCH ELEVENTH WEEK IN ORDINARY TIME	14 Flag Day	15 @	16	17 6	18	
THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)  Father's Day	20 TWELFTH WEEK IN ORDINARY TIME	ST. ALOYSIUS GONZAGA, RELIGIOUS	St. Paulinus of Nola, Bishop Sts. John Fisher and Thomas More, Martyrs	THE NATIVITY OF ST. JOHN THE BAPTIST	24 THE MOST SACRED HEART OF JESUS	THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY	
THIRTEENTH SUNDAY IN ORDINARY TIME	Saint Cyril of Alexandria, Bishop and Doctor of the Church	ST. IRENAEUS, BISHOP AND MARTYR	STS. PETER AND PAUL, APOSTLES	The First Martyrs of the Holy Roman Church	M AY       S     M     T     W     T     F     S       1     2     3     4     5     6     7       8     9     10     11     12     13     14       15     16     17     18     19     20     21       22     23     24     25     26     27     28	JULY   S   M   T   W   T   F   S     2     2     3   4   5   6   7   8   9     10   11   12   13   14   15   16     17   18   19   20   21   22   23	



# **JULY 2022**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Since its founding, Catholic Extension has supported the Catholic Church in every state in the United States and currently supports nearly 86 dioceses.		S   M   T   W   T   F   S	A U G U S T   S	St. Junípero Serra, Priest First Friday of the Month	2 6 11	
FOURTEENTH SUNDAY IN ORDINARY TIME	☐ Independence Day ★	5 St. Anthony Zaccaria, Priest St. Elizabeth of Portugal GMW	St. Maria Goretti, Virgin and Martyr	7 •	8 6	St. Augustine Zhao Rong, Priest, and Companions, Martyrs
10 FIFTEENTH SUNDAY IN ORDINARY TIME	11 ST. BENEDICT, ABBOT	12 6	13 St. Henry	14 st. kateri tekakwitha, virgin W	ST. BONAVENTURE, BISHOP AND DOCTOR OF THE CHURCH	16 Our Lady of Mount Carmel
17 SIXTEENTH SUNDAY IN ORDINARY TIME	18 Saint Camillus de Lellis, Priest	19 6	St. Apollinaris, Bishop and Martyr	St. Lawrence of Brindisi, Priest and Doctor of the Church	22 ST. MARY MAGDALENE	St. Bridget, Religious
24 SEVENTEENTH SUNDAY IN ORDINARY TIME	25 ST. JAMES, APOSTLE	26 STS. JOACHIM AND ANNE, PARENTS OF THE BLESSED VIRGIN MARY	27 6	28 6	29 st. martha	St. Peter Chrysologus, Bishop and Doctor of the Church
31 EIGHTEENTH SUNDAY IN ORDINARY TIME				•		



### **AUGUST 2022**



25 26 27 28 29 30

AUUU	3 1 ZUZZ					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S   M   T   W   T   F   S	1 SAINT ALPHONSUS LIGUORI, BISHOP AND DOCTOR OF THE CHURCH	2 St. Eusebius of Vercelli, Bishop St. Peter Julian Eymard, Priest GMM	3 6	4 ST. JOHN VIANNEY, PRIEST	5 The Dedication of the Basilica of St. Mary Major First Friday of the Month	6 THE TRANSFIGURATION OF THE LORD ₩
NINETEENTH SUNDAY IN ORDINARY TIME	8 ST. DOMINIC, PRIEST	St. Teresa Benedicta of the Cross, Virgin and Martyr	10 ST. LAWRENCE, DEACON AND MARTYR	11 st. clare, virgin	St. Jane Frances de Chantal, Religious	13 Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs
TWENTIETH SUNDAY IN ORDINARY TIME	15 THE ASSUMPTION OF THE BLESSED VIRGIN MARY	16 St. Stephen of Hungary	17 6	18 6	19 St. John Eudes, Priest	ST. BERNARD, ABBOT AND DOCTOR OF THE CHURCH
21 TWENTY-FIRST SUNDAY IN ORDINARY TIME	THE QUEENSHIP OF THE BLESSED VIRGIN MARY	St. Rose of Lima, Virgin	24 ST. BARTHOLOMEW, APOSTLE	St. Louis St. Joseph Calasanz, Priest	26 6	27 ST. MONICA
28 TWENTY-SECOND SUNDAY IN ORDINARY TIME	THE PASSION OF SAINT JOHN THE BAPTIST	30 6	31 6	Hundreds of price religious are able areas of mission o	to work in remote	SEPTEMBER  S M T W T F S  1 2 3  4 5 6 7 8 9 10

of salary subsidies from Catholic Extension.



#### SEPTEMBER 2022



SEPIE	IMDER				311110210	Zirizitoron
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Catholic Extension serves about 125,000 university students each year through campus ministry programs.		**Budust**  **Section**  **August**  **Section**  **August**  **Indicate**  **August**  **Indicate**  **Indicate**	1 6	First Friday of the Month	ST. GREGORY THE GREAT, POPE AND DOCTOR OF THE CHURCH	
TWENTY-THIRD SUNDAY IN ORDINARY TIME	5 G	6	7 6	S THE NATIVITY OF THE BLESSED VIRGIN MARY	ST. PETER CLAVER, PRIEST	10 6 0
TWENTY-FOURTH SUNDAY IN ORDINARY TIME	12 The Most Holy Name of Mary	ST. JOHN CHRYSOSTOM, BISHOP AND DOCTOR OF THE CHURCH	14 THE EXALTATION OF THE HOLY CROSS	15 OUR LADY OF SORROWS	16 STS. CORNELIUS, POPE, AND CYPRIAN, BISHOP, MARTYRS	17 St. Robert Bellarmine, Bishop and Doctor of the Church
18 TWENTY-FIFTH SUNDAY IN ORDINARY TIME	19 St. Januarius, Bishop and Martyr	STS. ANDREW KIM TAE-GÖN, PRIEST, AND PAUL CHÖNG HA-SANG, AND COMPANIONS, MARTYRS	21 ST. MATTHEW, APOSTLE AND EVANGELIST	22 6	ST. PIUS OF PIETRELCINA, PRIEST	24 6
25 TWENTY-SIXTH SUNDAY IN ORDINARY TIME	26 Sts. Cosmas and Damian, Martyrs	27 ST. VINCENT DE PAUL, PRIEST	St. Wenceslaus, Martyr St. Lawrence Ruiz and Companions, Martyrs GRIR	29 STS. MICHAEL, GABRIEL AND RAPHAEL, ARCHANGELS	30 ST. JEROME, PRIEST AND DOCTOR OF THE CHURCH	O C T O B E R           S         M         T         W         T         F         S           1         2         3         4         5         6         7         8           9         10         11         12         13         14         15           16         17         18         19         20         21         22           23         24         25         26         27         28         29



## OCTOBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Catholic E	extension has extended ir churches and church	more than 12,000 grant	s to build	SEPTEMBER  S M T W T F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28 29 30	NOVEMBER  S M T W T F S  1 2 3 4 5  6 7 8 9 10 11 12  13 14 15 16 17 18 19  20 21 22 23 24 25 26  27 28 29 30	SATORDAT  1 ST. THÉRÈSE OF THE CHILD JESUS, VIRGIN AND DOCTOR OF THE CHURCH
TWENTY-SEVENTH SUNDAY IN ORDINARY TIME	3 6	ST. FRANCIS OF ASSISI	Saint Faustina Kowalska, Virgin Blessed Francis Xavier Seelos, Priest  MW	St. Bruno, Priest Blessed Marie Rose Durocher, Virgin ⑤阅阅	7 OUR LADY OF THE ROSARY First Friday of the Month	8 6 1
TWENTY-EIGHTH SUNDAY IN ORDINARY TIME	10 6	11 St. John XXIII, Pope GW	12 6	13 6	St. Callistus I, Pope and Martyr	15 St. Teresa of Jesus, virgin AND DOCTOR OF THE CHURCH
TWENTY-NINTH SUNDAY IN ORDINARY TIME	T ST. IGNATIUS OF ANTIOCH, BISHOP AND MARTYR	18 st. luke, evangelist	STS. JOHN DE BRÉBEUF AND ISAAC JOGUES, PRIESTS, AND COMPANIONS, MARTYRS	St. Paul of the Cross, Priest	21 6	22 St. John Paul II, Pope <b>G</b> ₩₩
THIRTIETH SUNDAY IN ORDINARY TIME	24 St. Anthony Mary Claret, Bishop	25 <sup>©</sup>	26 6	27 6	28 STS. SIMON AND JUDE, APOSTLES	29 <sup>6</sup> M
THIRTY-FIRST SUNDAY IN ORDINARY TIME	31 6	•				



#### **NOVEMBER 2022**



NOVEMBER ZUZZ					CATHOLIC	EXTENSION
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
O C T O B E R       S     M     T     W     T     F     S       1     2     3     4     5     6     7     8       9     10     11     12     13     14     15       16     17     18     19     20     21     22       23     24     25     26     27     28     29       30     31	DECEMBER       S     M     T     W     T     F     S       1     2     3       4     5     6     7     8     9     10       11     12     13     14     15     16     17       18     19     20     21     22     23     24       25     26     27     28     29     30     31	1 ALL SAINTS' DAY	THE COMMEMORATION OF ALL THE FAITHFUL DEPARTED (ALL SOULS' DAY)  ▼ or ₩ or ■	3 St. Martin de Porres, Religious GM	4 ST. CHARLES BORROMEO, BISHOP First Friday of the Month	5 6 1
THIRTY-SECOND SUNDAY IN ORDINARY TIME Daylight Saving Time Ends	7 @	8 6	THE DEDICATION OF THE LATERAN BASILICA	ST. LEO THE GREAT, POPE AND DOCTOR OF THE CHURCH	11 ST. MARTIN OF TOURS, BISHOP Veterans Day ★ ₩	12 ST. JOSAPHAT, BISHOP AND MARTYR R
13 THIRTY-THIRD SUNDAY IN ORDINARY TIME	14 6	15 St. Albert the Great, Bishop and Doctor of the Church	16 St. Margaret of Scotland St. Gertrude, Virgin G M M	17 ST. ELIZABETH OF HUNGARY, RELIGIOUS	The Dedication of the Basilicas of Sts. Peter and Paul, Apostles St. Rose Philippine Duchesne, Virgin	19
20 OUR LORD JESUS CHRIST, KING OF THE UNIVERSE	THE PRESENTATION OF THE BLESSED VIRGIN MARY THIRTY-FOURTH OR LAST WEEK IN ORDINARY TIME	22 ST. CECILIA, VIRGIN AND MARTYR	St. Clement I, Pope St. Columban, Abbot Blessed Miguel Agustín Pro, Priest and Martyr	24 ST. ANDREW DŪNG- LAC, PRIEST, AND COMPANIONS, MARTYRS Thanksgiving Day ★  ☑ ∭	St. Catherine of Alexandria, Virgin and Martyr	26
27 FIRST SUNDAY OF ADVENT	28 💆	29 💆	30 ST. ANDREW, APOSTLE	Initiative in 2	ning the Catholic Schoo 2013, Catholic Extension	n has helped



#### **DECEMBER 2022**



DECE	MDER Z	UZZ			011110210	Zirizitorott
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
stories of Catholic	906 to share the	N O V E M B E R   S   M   T   W   T   F   S	S   M   T   W   T   F   S	1	First Friday of the Month	3 ST. FRANCIS XAVIER, PRIEST
4 SECOND SUNDAY OF ADVENT	5 •	6 St. Nicholas, Bishop  ▼	7 ST. AMBROSE, BISHOP AND DOCTOR OF THE CHURCH	S THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY	9 St. Juan Diego Cuauhtlatoatzin ▼W	10 our Lady of Loreto
11 THIRD SUNDAY OF ADVENT   ▼ or  ▼	12 OUR LADY OF GUADALUPE	13 ST. LUCY, VIRGIN AND MARTYR	14 ST. JOHN OF THE CROSS, PRIEST AND DOCTOR OF THE CHURCH	<b>15</b> ™	16 ·	17 •
18 FOURTH SUNDAY OF ADVENT	19 💆	20 🛚	St. Peter Canisius, Priest and Doctor of the Church	22 🔻	St. John of Kanty, Priest	24 💆
THE NATIVITY OF THE LORD (CHRISTMAS)	26 ST. STEPHEN, THE FIRST MARTYR	27 ST. JOHN, APOSTLE AND EVANGELIST	THE HOLY INNOCENTS, MARTYRS	FIFTH DAY WITHIN THE OCTAVE OF THE NATIVITY OF THE LORD St. Thomas Becket Bishop and Martyr	THE HOLY FAMILY OF JESUS, MARY AND JOSEPH	31 SEVENTH DAY WITHIN THE OCTAVE OF THE NATIVITY OF THE LORD St. Sylvester I, Pope



Building Faith | Inspiring Hope | Igniting Change



By displaying this calendar in your home or workplace, you, along with our sponsors, are joining millions of other Catholics in supporting the work of Catholic Extension. While Catholic Extension's calendars are inspiring, they also serve a crucial purpose: 100% of the proceeds go directly to impoverished Catholic communities across the United States.

Since 1905, Catholic Extension has partnered with donors committed Catholics just like you — to bring the Church to

all corners of our country. Our mission is to build faith, inspire hope and ignite change in parishes that are alive with faith and spirit but lack financial resources to support their ministries and programs. They can't do it alone, and with the help of our donors, we provide the necessary resources to more than 86 mission dioceses, from Alaska to the Gulf Coast, that serve 15 million Catholics — one in every five Catholics in America.

As you enjoy this calendar, I invite you to open your heart and learn more about Catholic Extension. Visit us at www.catholicextension.org or call us at 800-842-7804. Find out how you can deepen your relationship with Catholic Extension and strengthen the link between faith and charity in your own life.

Yours in Christ.

Rev. John J. Wall, President

**SERVING ONE** IN EVERY FIVE **CATHOLICS** IN AMERICA



#### **CALENDAR KEY**

**Colors of the Liturgical Year** are displayed in the date number:

Advent & Lent

Easter & Christmas Seasons

3 Ordinary Time

Holy Days of Obligation are red and uppercase:

THE ASCENSION OF THE LORD

Solemnities, feasts and obligatory memorials are uppercase:

ST. ELIZABETH ANN SETON

Optional memorials are capitalized: St. Hilary

4 The Triduum

5 Holy Days of Obligation

6 Penitential Day

National holidays appear in italic: Mother's Day

Federal holidays appear in italic with a star:

Thanksgiving Day ★

Vestment colors are noted last, with abbreviations:

B = BLACK R = RED V = VIOLET

Lunar phases are observed in Coordinated Universal Time (UTC).

#### **ABSTINENCE** ∞

Abstinence is a penitential practice consisting of refraining from the consumption of meat and is to be observed by all Catholics who are 14 years of age and older. Ash Wednesday, Good Friday and the Fridays during Lent are days of abstinence. Pastors and parents are encouraged to see that children who are not bound by the obligation to fast and abstain are led to appreciate an authentic sense of penance. Abstinence is optional on Friday, March 25, 2022 due to the feast of the Annunciation of the Lord.

#### **FAST & ABSTINENCE**

In addition to abstinence, fasting is to be observed by all Catholics between the ages of 18 and 59 years (inclusive). On Ash Wednesday and Good Friday, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed. Note: Those who are unable to observe the above regulations due to ill health or other serious reasons are urged to practice other forms of self-denial that are suitable to their condition.