**Parish Fasting Calendar**  
**January 2017**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>National Holiday to celebrate New Years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Christ the Good Shepherd, Adelanto</td>
<td>• Our Lady of the Snows Chapel, Cahuilla</td>
<td>• St. Rose of Lima Chapel, Anza</td>
<td>• St. Joseph, Big Bear</td>
<td>• St. Joseph, Barstow, Immaculate Conception, Colton</td>
</tr>
<tr>
<td></td>
<td>• St. Peter &amp; St. Paul, Alta Loma</td>
<td>• Our Lady of the Desert, Apple Valley</td>
<td>• Our Lady of the Desert Mission, Baker</td>
<td>• St. Paul the Apostle, Chino Hills</td>
<td>• St. Matthew, Corona</td>
</tr>
<tr>
<td></td>
<td>• Sacred Heart, Anza</td>
<td>• St. Mary Chapel, Morongo</td>
<td>• St. Margaret Mary, Chino</td>
<td>• St. Mary Magdalene, Corona</td>
<td>• St. John XXIII, Rialto</td>
</tr>
<tr>
<td></td>
<td>• St. Kateri Tekakwitha, Banning</td>
<td>• St. Louis, Cathedral City</td>
<td>• Our Lady of Soledad, Coachella</td>
<td>• St. Elizabeth of Hungary, Desert Hot Springs</td>
<td>• Our Lady of the Valley, Hemet</td>
</tr>
<tr>
<td></td>
<td>• St. Charles Borromeo, Bloomington</td>
<td>• Our Lady of Guadalupe, Chino</td>
<td>• St. Edward, Corona</td>
<td>• Holy Spirit, Hemet</td>
<td>• St. Francis of Assisi, La Quinta</td>
</tr>
<tr>
<td></td>
<td>• St. Joan of Arc, Victorville</td>
<td>• Corpus Christi, Corona</td>
<td>• St. Joseph Mission, Soboba</td>
<td>• Holy Family, Hesperia</td>
<td>• St. Anthony, San Bernardino</td>
</tr>
<tr>
<td></td>
<td>• Our Lady of Solitude, Palm Springs</td>
<td>• El Señor de la Misericordia, Thermal</td>
<td>• St. Mary, Fontana</td>
<td>• St. Bernardine, San Bernardino</td>
<td>• St. John XXIII, Fontana</td>
</tr>
</tbody>
</table>

**1 Tim. 4:3**  
- Blessed Oscar Romero, Eastvale  
- St. George, Fontana  
- St. Frances Xavier Cabrini, Crestline  
- Queen of Angels, Idyllwild  
- Our Lady of Perpetual Help, Indio  
- St. Philip Neri, Lenwood  
- Our Lady of Hope, San Bernardino  
- Sacred Heart, Jurupa Valley  

**9 Luke 2:37**  
- San Salvador, Colton  
- St. George, Ontario  
- St. Paul, Lucerne Valley  
- Sanctuary of Our Lady of Guadalupe, Mecca  
- St. Vincent Ferrer, Menifee  
- St. Thomas the Apostle Riverside  
- St. Junipero Serra, Phelan  
- St. Christopher of the Desert, Joshua Tree  
- St. John Bosco, Highland  

**10 Baruch 1:5**  
- Christ The Redeemer, Grand Terrace  
- San Secondo d’Asti, Guasti  
- St. John the Evangelist, Jurupa Valley  
- St. Theresa, Palm Springs  
- Our Lady of Mt. Carmel, Rancho Cucamonga  
- Our Lady of Assumption San Bernardino  
- St. Mel, Norco  

**11 Acts 13:2-3; 14:23**  
- St. Martha, Murrieta  
- St. Adelaide, Highland  
- St. Catherine of Alexandria, Riverside  
- Our Lady of Lourdes, Montclair  
- Holy Innocents, Victorville  
- St. Frances Xavier Cabrini, Yucaipa  
- Christ of the Desert, Palm Desert  

**12 Jer. 36:9**  
- St. Patrick, Moreno Valley  
- Our Lady of The Lake, Lake Arrowhead  
- St. Francis de Sales, Riverside  
- Our Lady of Guadalupe, Ontario  
- Our Lady of The Snows, Wrightwood  
- St. Mary of The Valley, Yucca Valley  
- Our Lady of Guadalupe, San Bernardino  

**13 Esther 4:3, 16**  
- St. Christopher, Moreno Valley  
- St. Catherine of Siena, Rialto  
- Our Lady of Perpetual Help, Riverside  
- San Felipe de Jesus Mission, 100 Palms  
- St. Andrew Newman Center  
- St. Michael Chapel, Temecula  

**14 Judith 4:9-13**  
- St. Catherine of Alexandria, Temecula  
- The Holy Name of Jesus, Redlands  
- Our Lady of Guadalupe Shrine, Riverside  
- St. Anthony, Upland  
- St. Madeline Sophie Barat, Trona  
- Our Lady of Guadalupe, Palm Springs  

**15 Tobit 12:8**  
- St. Mother Teresa of Calcutta, Winchester  
- St. Joseph, Fontana  
- Our Lady of the Rosary Cathedral, San Bernardino  
- Sacred Heart, Rancho Cucamonga  
- St. Anthony, Riverside  
- St. Joseph, Upland  
- St. Joan of Arc, Blythe  

**16 Ezra 9:21-23**  
- St. Anthony, San Jacinto  
- St. Anne in the Mountains, Running Springs  
- Our Lady of Guadalupe Mission, Belltown  
- Sacred Hearts of Mary and Jesus Chapel, Thermal  
- Blessed Sacrament, Twentynine Palms  

**17 Presidential Inauguration Day**

---

The norms on fasting apply to persons from ages 18 until 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Parishes could also offer a simple soup supper for an opportunity to pray together as a community for the unity of our country.