

**Parish Fasting Calendar
January 2017**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>National Holiday to celebrate New Years</p>	<p>3 Matthew 9:15</p> <ul style="list-style-type: none"> • Christ the Good Shepherd, Adelanto • St. Peter & St. Paul, Alta Loma • Sacred Heart, Anza • St. Kateri Tekakwitha, Banning • St. Charles Borromeo, Bloomington • St. Joan of Arc, Victorville • Our Lady of Solitude, Palm Springs 	<p>4 Jonah 3: 5, 10</p> <ul style="list-style-type: none"> • Our Lady of the Snows Chapel, Cahuilla • Our Lady of the Desert, Apple Valley • St. Mary Chapel, Morongo • St. Louis, Cathedral City • Our Lady of Guadalupe, Chino • Corpus Christi, Corona • El Señor de la Misericordia, Thermal 	<p>5 Joel 1:14; 2:12, 15</p> <ul style="list-style-type: none"> • St. Rose of Lima Chapel, Anza • Our Lady of the Desert Mission, Baker • St. Margaret Mary, Chino • Our Lady of Soledad, Coachella • St. Edward, Corona • St. Joseph Mission, Soboba • St. Mary, Fontana 	<p>6 Matthew 6:16-18</p> <ul style="list-style-type: none"> • St. Joseph, Big Bear • St. Paul the Apostle, Chino Hills • St. Mary Magdalene, Corona • St. Elizabeth of Hungary, Desert Hot Springs • Holy Spirit, Hemet • Holy Family, Hesperia • St. Bernardine, San Bernardino • St. John XXIII, Fontana 	<p>7 Daniel 9:3; 10:2-3</p> <ul style="list-style-type: none"> • St. Joseph, Barstow • Immaculate Conception, Colton • St. Matthew, Corona • St. John XXIII, Rialto • Our Lady of the Valley, Hemet • St. Francis of Assisi, La Quinta • St. Anthony, San Bernardino
<p>9 1 Tim. 4:3</p> <ul style="list-style-type: none"> • 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 	<p>10 Luke 2:37</p> <ul style="list-style-type: none"> • 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 	<p>11 Baruch 1:5</p> <ul style="list-style-type: none"> • 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 	<p>12 Acts 13:2-3; 14:23</p> <ul style="list-style-type: none"> • 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 	<p>13 Jer. 36:9</p> <ul style="list-style-type: none"> • 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 	<p>14 Psalms 69:10</p> <ul style="list-style-type: none"> • St. James, Perris • St. Joseph The Worker, Loma Linda • Queen of Angels, Riverside • St. Elizabeth Ann Seton, Ontario • St. Frances of Rome, Wildomar • St. Ann, Needles • Sacred Heart, Palm Desert • St. Andrew Kim, Riverside
<p>16 Esther 4:3, 16</p> <ul style="list-style-type: none"> • 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 	<p>17 Judith 4:9-13</p> <ul style="list-style-type: none"> • 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 	<p>18 Tobit 12:8</p> <ul style="list-style-type: none"> • 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 	<p>19 Ezra 9:21-23</p> <ul style="list-style-type: none"> • 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 	<p>20</p> <p>Presidential Inauguration Day</p>	<p>21</p>

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.