2023 Fasting Calendar

LEGEND:

Abstain from meat, dairy, eggs, fish, olive oil, wine

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Abstain from meat

Note: On the day of a parish's patronal feast, fish wine and oil are allowed if it falls on a fasting day.

	January									
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								

	May							
	1	2	3	4	5	6		
7	8	တ	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30	31					

	September								
	1 2								
3	4	5	6	7	8	9			
10			13						
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			

February								
			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						

June									
			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				

	October								
1	2	3	4	5	60	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							

March								
			1	2	3	4		
5	60	7	80	တ	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30	31			

	July								
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								

	November									
			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						

April								
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<u>ფ</u>	4	15	60	7	80			
10	11	12	13	14	15			
					22			
24	24	26	27	28	29			
	10 17	3 4 10 11 17 18	3 4 5 10 11 12 17 18 19	3 4 5 6 10111213 17181920	3 4 5 6 7 10 11 12 13 14			

August								
		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								
		1	2						
3	4	5	6	7	80	9			
10				14					
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
31									