

A Table of the VIGILS, FASTS AND DAYS OF ABSTINENCE to be observed in the year

The Evens or Vigils before:

The Nativity of our Lord
The Purification of the Blessed Virgin Mary
The Annunciation of the Blessed Virgin
Easter Day
Ascension Day
Pentecost
St. Matthias
St. John Baptist
St. Peter
St. James
St. Bartholomew
St. Matthew
St. Simon and St. Jude
St. Andrew
St. Thomas
All Saints

Note: That if any of these Feast-Days fall upon a Monday, then the Vigil or Fast-Day shall be kept upon the Saturday, and not upon the Sunday next before it.

DAYS OF FASTING, OR ABSTINENCE

- i) The forty days of Lent.
- ii) The Ember Days at the Four Seasons, being the Wednesday, Friday and Saturday after:
 - 1. The First Sunday in Lent
 - 2. The Feast of Pentecost
 - 3. September 14
 - 4. December 13.
- iii) The three Rogation Days, being the Monday, Tuesday, and Wednesday before Holy Thursday, or the Ascension of our Lord.
- iv) All the Fridays in the Year, except Christmas Day.

A SOLEMN DAY

for which a particular service is appointed:

The Anniversary of the Day of the Accession of the Reigning Sovereign.