



The Roman Calendar for A.D. 2026
Confraternity of Penitents

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This Modified Calendar is a simple reminder to follow the Rule & Constitution of St Francis 1221. We hope that you find it useful.

Send your valuable suggestions to:
rejigkcfp@yahoo.com

THE LORD'S PRAYER

OUR FATHER

WHO ART IN HEAVEN,
hallowed be your name,

YOUR KINGDOM COME,
YOUR WILL BE DONE,
ON EARTH AS IT IS IN HEAVEN.

GIVE US THIS DAY OUR DAILY BREAD.

and forgive our debts,

AS WE ALSO HAVE FORGIVEN OUR DEBTORS.

AND LEAD US NOT INTO TEMPTATION,
BUT DELIVER US FROM THE EVIL ONE;



MATTHEW 6:9-13



for yours is the kingdom and the power and the glory forever. Amen.



JESUS I TRUST IN YOU



Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesus, hear me.

Within Thy wounds hide me.

Suffer me not to be separated from Thee.

From the malignant enemy defend me.

At the hour of my death call me.

And close to You, bid me.

That with Thy saints,

I may be praising Thee

Forever and ever.

Amen.

January 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
				1 Solemnity of Mary, Mother of God Solemnity	2 Basil the Great and Gregory Nazianzen, Bb & Dd Memorial	3 The Most Holy Name of Jesus Opt. Mem.
4 Epiphany of the Lord Solemnity	5 John Neumann, B Memorial	6 Andre Bessette, Rel Opt. Mem.	7 Raymond of Penyafort, P Opt. Mem.	8 Thursday after Epiphany Weekday	9 Friday after Epiphany Weekday	10 Saturday after Epiphany Weekday
11 Baptism of the Lord Feast. of the Lord	12 Monday of the First Week of Ordinary Time Weekday	13 Hilary, B & D Opt. Mem.	14 Wednesday of the First Week of Ordinary Time Weekday	15 Thursday of the First Week of Ordinary Time Weekday	16 Friday of the First Week of Ordinary Time Weekday	17 Anthony, Ab Memorial
18 Second Sunday of Ordinary Time Sunday	19 Monday of the Second Week of Ordinary Time Weekday	20 Fabian, Po & M; Sebastian, M Opt. Mem.	21 Agnes, V & M Memorial	22 Vincent, De & M Opt. Mem.	23 Marianne Cope, V Opt. Mem.	24 Francis de Sales, B & D Memorial
25 Third Sunday of Ordinary Time Sunday	26 Timothy and Titus, Bb Memorial	27 Angela Merici, V Opt. Mem.	28 Thomas Aquinas, P & D Memorial	29 Thursday of the Third Week of Ordinary Time Weekday	30 Friday of the Third Week of Ordinary Time Weekday	31 John Bosco, P Memorial

February 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
1 Fourth Sunday of Ordinary Time Sunday	2 Presentation of the Lord Feast. of the Lord	3 Blase, B & M; Ansgar, B Opt. Mem.	4 Wednesday of the Fourth Week of Ordinary Time Weekday	5 Agatha, V & M Memorial	6 Paul Miki and Companions, Mm Memorial	7 Saturday of the Fourth Week of Ordinary Time Weekday
8 Fifth Sunday of Ordinary Time Sunday	9 Monday of the Fifth Week of Ordinary Time Weekday	10 Scholastica, V Memorial	11 Our Lady of Lourdes Opt. Mem.	12 Thursday of the Fifth Week of Ordinary Time Weekday	13 Friday of the Fifth Week of Ordinary Time Weekday	14 Cyril, monk, and Methodius, B Memorial
15 Sixth Sunday of Ordinary Time Sunday	16 Monday of the Sixth Week of Ordinary Time Weekday	17 Seven Founders of the Order of Servites Opt. Mem.	18 Ash Wednesday Ash Wednesday	19 Thursday after Ash Wednesday Weekday	20 Friday after Ash Wednesday Weekday	21 Peter Damian, B & D Commem.
22 First Sunday of Lent Sunday	23 Polycarp, B & M Commem.	24 Tuesday of the First Week of Lent Weekday	25 Wednesday of the First Week of Lent Weekday	26 Thursday of the First Week of Lent Weekday	27 Friday of the First Week of Lent Weekday	28 Saturday of the First Week of Lent Weekday

All Days of Lent (Ash Wednesday to Easter) every day except Sundays and Solemnities are fast days for the CFP.

March 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
1 Second Sunday of Lent Sunday	2 Monday of the Second Week of Lent Weekday	3 Katharine Drexel, V Commem.	4 Casimir Commem.	5 Thursday of the Second Week of Lent Weekday	6 Friday of the Second Week of Lent Weekday	7 Perpetua and Felicity, Mm Commem.
8 Third Sunday of Lent Sunday	9 Frances of Rome, Rel Commem.	10 Tuesday of the Third Week of Lent Weekday	11 Wednesday of the Third Week of Lent Weekday	12 Thursday of the Third Week of Lent Weekday	13 Friday of the Third Week of Lent Weekday	14 Saturday of the Third Week of Lent Weekday
15 Fourth Sunday of Lent Sunday	16 Monday of the Fourth Week of Lent Weekday	17 Patrick, B Commem.	18 Cyril of Jerusalem, B & D Commem.	19 Joseph, Husband of Mary Solemnity	20 Friday of the Fourth Week of Lent Weekday	21 Saturday of the Fourth Week of Lent Weekday
22 Fifth Sunday of Lent Sunday	23 Turibius de Mogrovejo, B Commem.	24 Tuesday of the Fifth Week of Lent Weekday	25 Annunciation Solemnity	26 Thursday of the Fifth Week of Lent Weekday	27 Friday of the Fifth Week of Lent Weekday	28 Saturday of the Fifth Week of Lent Weekday
29 Palm Sunday Sunday	30 Monday of Holy Week Holy Week	31 Tuesday of Holy Week Holy Week	All Days of Lent (Ash Wednesday to Easter) every day except Sundays and Solemnities are fast days for the CFP.			

April 2026

Sunday
No Fasting And
Abstinence

Monday
Abstain from
meat

Tuesday

Wednesday
Abstain from meat

Thursday

Friday
Fast and Abstain
from meat

Saturday
Abstain from meat
BVM

All Days of Lent (Ash Wednesday to Easter)
every day except Sundays and Solemnities are
fast days for the CFP.

1
Wednesday of Holy
Week
Holy Week

2
Holy Thursday
Triduum

3
Good Friday
Triduum

4
Easter Vigil
Triduum

5
Easter Sunday
Solemnity

6
Monday in the Octave
of Easter
Solemnity

7
Tuesday in the
Octave of Easter
Solemnity

8
Wednesday in the
Octave of Easter
Solemnity

9
Thursday in the
Octave of Easter
Solemnity

10
Friday in the Octave
of Easter
Solemnity

11
Saturday in the Octave of
Easter
Solemnity

12
Second Sunday of Easter
Solemnity

13
Martin I, Po & M
Opt. Mem.

14
Tuesday of the
Second Week of
Easter
Weekday

15
Wednesday of the
Second Week of
Easter
Weekday

16
Thursday of the
Second Week of
Easter
Weekday

17
Friday of the Second
Week of Easter
Weekday

18
Saturday of the Second
Week of Easter
Weekday

19
Third Sunday of Easter
Sunday

20
Monday of the Third
Week of Easter
Weekday

21
Anselm, B & D
Opt. Mem.

22
Wednesday of the
Third Week of Easter
Weekday

23
George, M; Adalbert,
B & M
Opt. Mem.

24
Fidelis of
Sigmaringen, P & M
Opt. Mem.

25
Mark, Evangelist
Feast

26
Fourth Sunday of Easter
Sunday

27
Monday of the Fourth
Week of Easter
Weekday

28
Peter Chanel, P & M;
Louis Grignion de
Montfort, P
Opt. Mem.

29
Catherine of Siena, V
& D
Memorial

30
Pius V, Po
Opt. Mem.

May 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
					1 Joseph the Worker Opt. Mem.	2 Athanasius, B & D Memorial
3 Fifth Sunday of Easter Sunday	4 Monday of the Fifth Week of Easter Weekday	5 Tuesday of the Fifth Week of Easter Weekday	6 Wednesday of the Fifth Week of Easter Weekday	7 Thursday of the Fifth Week of Easter Weekday	8 Friday of the Fifth Week of Easter Weekday	9 Saturday of the Fifth Week of Easter Weekday
10 Sixth Sunday of Easter Sunday	11 Monday of the Sixth Week of Easter Weekday	12 Nereus and Achilleus, Mm; Pancras, M Opt. Mem.	13 Our Lady of Fatima Opt. Mem.	14 Matthias, Ap Feast	15 Isidore, Farmer Opt. Mem.	16 Saturday of the Sixth Week of Easter Weekday
17 Ascension of the Lord Solemnity	18 John I, Po & M Opt. Mem.	19 Tuesday of the Seventh Week of Easter Weekday	20 Bernardine of Siena, P Opt. Mem.	21 Christopher Magallanes, P & M, and Companions, Mm Opt. Mem.	22 Rita of Casica, Rel Opt. Mem.	23 Saturday of the Seventh Week of Easter Weekday
24 Pentecost Sunday Solemnity	25 Mary, the Mother of the Church Memorial	26 Philip Neri, P Memorial	27 Augustine of Canterbury, B Opt. Mem.	28 Thursday of the Eighth Week of Ordinary Time Weekday	29 Friday of the Eighth Week of Ordinary Time Weekday	30 Saturday of the Eighth Week of Ordinary Time Weekday
31 Trinity Sunday Solemnity						

June 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
	1 Justin, M Memorial	2 Marcellinus and Peter, Mm Opt. Mem.	3 Charles Lwanga and Companions, Mm Memorial	4 Thursday of the Ninth Week of Ordinary Time Weekday	5 Boniface, B & M Memorial	6 Norbert, B Opt. Mem.
7 Corpus Christi Solemnity	8 Monday of the Tenth Week of Ordinary Time Weekday	9 Ephrem, De & D Opt. Mem.	10 Wednesday of the Tenth Week of Ordinary Time Weekday	11 Barnabas, Ap Memorial	12 Sacred Heart of Jesus Solemnity	13 Anthony of Padua, P & D; Immaculate Heart of Mary Opt. Mem.
14 Eleventh Sunday of Ordinary Time Sunday	15 Monday of the Eleventh Week of Ordinary Time Weekday	16 Tuesday of the Eleventh Week of Ordinary Time Weekday	17 Wednesday of the Eleventh Week of Ordinary Time Weekday	18 Thursday of the Eleventh Week of Ordinary Time Weekday	19 Romuald, Ab Opt. Mem.	20 Saturday of the Eleventh Week of Ordinary Time Weekday
21 Twelfth Sunday of Ordinary Time Sunday	22 Paulinus of Nola, B; John Fisher, B & M and Thomas More, M Opt. Mem.	23 Tuesday of the Twelfth Week of Ordinary Time Weekday	24 Birth of John the Baptist Solemnity	25 Thursday of the Twelfth Week of Ordinary Time Weekday	26 Friday of the Twelfth Week of Ordinary Time Weekday	27 Cyril of Alexandria, B & D Opt. Mem.
28 Thirteenth Sunday of Ordinary Time Sunday	29 Peter and Paul, Ap Solemnity	30 First Martyrs of the Church of Rome Opt. Mem.				

July 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
			1 Junipero Serra, P Opt. Mem.	2 Thursday of the Thirteenth Week of Ordinary Time Weekday	3 Thomas, Ap Feast	4 Elizabeth of Portugal Opt. Mem.
5 Fourteenth Sunday of Ordinary Time Sunday	6 Maria Goretti, V & M Opt. Mem.	7 Tuesday of the Fourteenth Week of Ordinary Time Weekday	8 Wednesday of the Fourteenth Week of Ordinary Time Weekday	9 Augustine Zhao Rong, P & M, and Companions, Mm Opt. Mem.	10 Friday of the Fourteenth Week of Ordinary Time Weekday	11 Benedict, Ab Memorial
12 Fifteenth Sunday of Ordinary Time Sunday	13 Henry Opt. Mem.	14 Kateri Tekakwitha, V Memorial	15 Bonaventure, B & D Memorial	16 Our Lady of Mount Carmel Opt. Mem.	17 Friday of the Fifteenth Week of Ordinary Time Weekday	18 Camillus de Lellis, P Opt. Mem.
19 Sixteenth Sunday of Ordinary Time Sunday	20 Apollinarus, B & M Opt. Mem.	21 Lawrence of Brindisi, P & D Opt. Mem.	22 Mary Magdalene Feast	23 Bridget, Rel Opt. Mem.	24 Sharbel Makhluḥ, P Opt. Mem.	25 James, Ap Feast
26 Seventeenth Sunday of Ordinary Time Sunday	27 Monday of the Seventeenth Week of Ordinary Time Weekday	28 Tuesday of the Seventeenth Week of Ordinary Time Weekday	29 Martha Memorial	30 Peter Chrysologus, B & D Opt. Mem.	31 Ignatius of Loyola, P Memorial	

August 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
						1 Alphonsus Liguori, B & D Memorial
2 Eighteenth Sunday of Ordinary Time Sunday	3 Monday of the Eighteenth Week of Ordinary Time Weekday	4 John Vianney, P Memorial	5 Dedication of St. Mary Major Opt. Mem.	6 Transfiguration Feast. of the Lord	7 Sixtus II, Po & M, and Companions, Mm; Cajetan, P Opt. Mem.	8 Dominic, P Memorial
9 Nineteenth Sunday of Ordinary Time Sunday	10 Lawrence, De & M Feast	11 Clare, V Memorial	12 Jane Frances de Chantal, Rel Opt. Mem.	13 Pontian, Po & M and Hippolytus, P & M Opt. Mem.	14 Maximilian Kolbe, P & M Memorial	15 Assumption Solemnity
16 Twentieth Sunday of Ordinary Time Sunday	17 Monday of the Twentieth Week of Ordinary Time Weekday	18 Tuesday of the Twentieth Week of Ordinary Time Weekday	19 John Eudes, P Opt. Mem.	20 Bernard, Ab & D Memorial	21 Pius X, Po Memorial	22 Queenship of Mary Memorial
23 Twenty-First Sunday of Ordinary Time Sunday	24 Bartholomew, Ap Feast	25 Louis of France; Joseph Calasanz, P Opt. Mem.	26 Wednesday of the Twenty-First Week of Ordinary Time Weekday	27 Monica Memorial	28 Augustine, B & D Memorial	29 Beheading of John the Baptist, M Memorial
30 Twenty-Second Sunday of Ordinary Time Sunday	31 Monday of the Twenty-Second Week of Ordinary Time Weekday					

September 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
		1 Tuesday of the Twenty- Second Week of Ordinary Time Weekday	2 Wednesday of the Twenty-Second Week of Ordinary Time Weekday	3 Gregory the Great, Po & D Memorial	4 Friday of the Twenty- Second Week of Ordinary Time Weekday	5 Saturday of the Twenty- Second Week of Ordinary Time Weekday
6 Twenty-Third Sunday of Ordinary Time Sunday	7 Monday of the Twenty- Third Week of Ordinary Time Weekday	8 Birth of Mary Feast	9 Peter Claver, P Memorial	10 Thursday of the Twenty-Third Week of Ordinary Time Weekday	11 Friday of the Twenty- Third Week of Ordinary Time Weekday	12 The Most Name of the Blessed Virgin Mary Opt. Mem.
13 Twenty-Fourth Sunday of Ordinary Time Sunday	14 Triumph of the Cross Feast. of the Lord	15 Our Lady of Sorrows Memorial	16 Cornelius, Po & M and Cyprian, B & M Memorial	17 Robert Bellarmine, B & D Opt. Mem.	18 Friday of the Twenty- Fourth Week of Ordinary Time Weekday	19 Janurius, B & M Opt. Mem.
20 Twenty-Fifth Sunday of Ordinary Time Sunday	21 Matthew, Ap & Evangelist Feast	22 Tuesday of the Twenty- Fifth Week of Ordinary Time Weekday	23 Pio of Pietreclina, P Opt. Mem.	24 Thursday of the Twenty-Fifth Week of Ordinary Time Weekday	25 Friday of the Twenty- Fifth Week of Ordinary Time Weekday	26 Cosmas and Damian, Mm Opt. Mem.
27 Twenty-Sixth Sunday of Ordinary Time Sunday	28 Wenceslaus, M; Lawrence Ruiz and Companions, Mm Opt. Mem.	29 Michael, Gabriel, and Raphael, Archangels Feast	30 Jerome, P & D Memorial			

October 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
				1 Therese of the Child Jesus, V & D Memorial	2 Guardian Angels Memorial	3 Saturday of the Twenty-Sixth Week of Ordinary Time Weekday
4 Twenty-Seventh Sunday of Ordinary Time Sunday	5 Bl. Francis Xavier Seelos, P Opt. Mem.	6 Bruno, P; Bl. Marie Rose Durocher, V Opt. Mem.	7 Our Lady of the Rosary Memorial	8 Thursday of the Twenty-Seventh Week of Ordinary Time Weekday	9 Denis, B & M, and Companions, Mm; John Leonardi, P Opt. Mem.	10 Saturday of the Twenty-Seventh Week of Ordinary Time Weekday
11 Twenty-Eighth Sunday of Ordinary Time Sunday	12 Monday of the Twenty- Eighth Week of Ordinary Time Weekday	13 Tuesday of the Twenty-Eighth Week of Ordinary Time Weekday	14 Callistus I, Po & M Opt. Mem.	15 Teresa of Avila, V & D Memorial	16 Hedwig, Rel; Margaret Mary Alacoque, V Opt. Mem.	17 Ignatius of Antioch, B & M Memorial
18 Twenty-Ninth Sunday of Ordinary Time Sunday	19 John de Brebeuf and Isaac Jogues, P & Mm, and Companions, Mm Memorial	20 Paul of the Cross, P Opt. Mem.	21 Wednesday of the Twenty-Ninth Week of Ordinary Time Weekday	22 John Paul II, Po Opt. Mem.	23 John of Capistrano, P Opt. Mem.	24 Anthony Claret, B Opt. Mem.
25 Thirtieth Sunday of Ordinary Time Sunday	26 Monday of the Thirtieth Week of Ordinary Time Weekday	27 Tuesday of the Thirtieth Week of Ordinary Time Weekday	28 Simon and Jude, Ap Feast	29 Thursday of the Thirtieth Week of Ordinary Time Weekday	30 Friday of the Thirtieth Week of Ordinary Time Weekday	31 Saturday of the Thirtieth Week of Ordinary Time Weekday

November 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
1 All Saints Solemnity	2 All Souls Feast. of the Lord	3 Martin de Porres, Rel Opt. Mem.	4 Charles Borromeo, B Memorial	5 Thursday of the Thirty- First Week of Ordinary Time Weekday	6 Friday of the Thirty- First Week of Ordinary Time Weekday	7 Saturday of the Thirty- First Week of Ordinary Time Weekday
8 Thirty-Second Sunday of Ordinary Time Sunday	9 Dedication of St. John Lateran Feast. of the Lord	10 Leo the Great, Po & D Memorial	11 Martin of Tours, B Memorial	12 Josaphat, B & M Memorial	13 Frances Xavier Cabrini, V Memorial	14 Saturday of the Thirty- Second Week of Ordinary Time Weekday
15 Thirty-Third Sunday of Ordinary Time Sunday	16 Margaret of Scotland; Gertrude, V Opt. Mem.	17 Elizabeth of Hungary, Rel Memorial	18 Dedication of Churches of Peter & Paul; Rose Philippine Duchesne, V Opt. Mem.	19 Thursday of the Thirty- Third Week of Ordinary Time Weekday	20 Friday of the Thirty- Third Week of Ordinary Time Weekday	21 Presentation of Mary Memorial
22 Christ the King Solemnity	23 Clement I, Po & M; Columban, Ab; Bl. Miguel Pro, P & M Opt. Mem.	24 Andrew Dung-Lac, P & M, and Companions, Mm Memorial	25 Catherine of Alexandria, V & M Opt. Mem.	26 Thursday of the Thirty- Fourth Week of Ordinary Time Weekday	27 Friday of the Thirty- Fourth Week of Ordinary Time Weekday	28 Saturday of the Thirty- Fourth Week of Ordinary Time Weekday
29 First Sunday of Advent Sunday	30 Andrew, Ap Feast	During the Fast of St. Martin (Nov. 12 until Christmas), every day except Sundays and Solemnities are fast days for the CFP.				

December 2026

Sunday No Fasting And Abstinence	Monday Abstain from meat	Tuesday	Wednesday Abstain from meat	Thursday	Friday Fast and Abstain from meat	Saturday Abstain from meat BVM
During the Fast of St. Martin (Nov. 12 until Christmas), every day except Sundays and Solemnities are fast days for the CFP.		1 Tuesday of the First Week of Advent Weekday	2 Wednesday of the First Week of Advent Weekday	3 Frances Xavier, P Memorial	4 John Damascene, P & D Opt. Mem.	5 Saturday of the First Week of Advent Weekday
6 Second Sunday of Advent Sunday	7 Ambrose, B & D Memorial	8 Immaculate Conception Solemnity	9 Juan Diego Opt. Mem.	10 Thursday of the Second Week of Advent Weekday	11 Damasus I, Po Opt. Mem.	12 Our Lady of Guadalupe Feast
13 Third Sunday of Advent Sunday	14 John of the Cross, P & D Memorial	15 Tuesday of the Third Week of Advent Weekday	16 Wednesday of the Third Week of Advent Weekday	17 Thursday of the Third Week of Advent Weekday	18 Friday of the Third Week of Advent Weekday	19 Saturday of the Third Week of Advent Weekday
20 Fourth Sunday of Advent Sunday	21 Peter Canisius, P & D Opt. Mem.	22 Tuesday of the Fourth Week of Advent Weekday	23 John of Kanty, P Opt. Mem.	24 Thursday of the Fourth Week of Advent Weekday	25 Christmas Solemnity	26 Stephen, M Feast
27 Holy Family Feast. of the Lord	28 Holy Innocents, Mm Feast	29 Thomas Becket, B & M Opt. Mem.	30 Sixth day in the Octave of Christmas Weekday	31 Sylvester I, Po Opt. Mem.		

Prayers of the CFP:

Apostle's Creed (prayed morning and evening)

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried.

He descended into Hell, and on the third day He arose again from the dead. He ascended into Heaven, and is seated at the right hand of God the Father Almighty.

From thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Psalm 51 (prayed morning and evening)

Have mercy on me, O God, in Your goodness; in the greatness of Your compassion, wipe out my offense. Thoroughly wash me of my guilt and of my sin cleanse me.

For I acknowledge my offense, and my sin is before me always. "Against You only have I sinned, and done what is evil in Your sight."--That You may be justified in Your sentence, vindicated when You condemn.

Indeed, in guilt was I born, and in sin my mother conceived me. Behold, You are pleased with sincerity of heart, and in my inmost being You teach me wisdom.

Cleanse me of sin with hyssop, that I may be purified; wash me, and I shall be whiter than snow. Let me hear the sounds of joy and gladness; then the bones You have crushed shall rejoice.

Turn away Your face from my sins, and blot out all my guilt. A clean heart create for me, O God, and a steadfast spirit renew within me. Cast me not out from Your presence, and Your holy spirit take not from me.

Give me back the joy of Your salvation, and a willing spirit sustain in me. I will teach transgressors your ways, and sinners shall return to You.

Free me from blood guilt, O God, my saving God; then my tongue shall revel in Your justice. O Lord, open my lips, and my mouth shall proclaim Your praise.

For You are not pleased with sacrifices; should I offer a holocaust, You would not accept it. My sacrifice, O God, is a contrite spirit; a heart contrite and humbled, O God, You will not spurn.

Be bountiful, O Lord, to Zion in Your kindness by rebuilding the walls of Jerusalem; then shall You be pleased with due sacrifices, burnt offerings and holocausts; then shall they offer up bullocks on Your altar.
Glory to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

Psalm 54 (prayed morning)

O God, by Your name save me, and by Your might defend my cause. O God, hear my prayer; hearken to the words of my mouth.

For haughty men have risen up against me, and fierce men seek my life; they set not God before their eyes.

Behold, God is my helper; the Lord sustains my life. Turn back the evil upon my foes; in Your faithfulness destroy them.

Freely will I offer You sacrifice; I will praise Your name, O Lord, for its goodness, because from all distress You have rescued me, and my eyes look down upon my enemies.

Glory to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen..

Psalm 119 (verses 1-32) (prayed morning)

Happy are they whose way is blameless, who walk by the law of the Lord. Happy are they who observe His decrees, who seek Him with all their heart, and do no wrong, but walk in His ways.

You have commanded that Your precepts be diligently kept. Oh, that I might be firm in the ways of keeping Your statutes! Then I should not be put to shame when I beheld all Your commands.

I will give You thanks with an upright heart, when I have learned Your just ordinances. I will keep Your statutes; do not utterly forsake me.

How shall a young man be faultless in his way? By keeping to Your words. With all my heart I seek You; let me not stray from Your commands. Within my heart I treasure Your promise, that I may not sin against You. Blessed are You, O Lord, teach me Your statutes.

With my lips I declare all the ordinances of Your mouth. In the way of Your decrees I rejoice, as much as in all riches. I will meditate on Your precepts and consider Your ways. In Your statutes I will delight; I will not forget Your words.

Be good to Your servant, that I may live and keep Your words. Open my eyes, that I may consider the wonders of Your law. I am a wayfarer of earth; hide not Your commands from me. My soul is consumed with longing for Your ordinances at all times.

You rebuke the accursed proud, who turn away from Your commands. Take away from me Your reproach and contempt, for I observe Your decrees. Though princes meet and talk against me, Your servant meditates on Your statutes. Yes, Your decrees are my delight; they are my counselors.

I lie prostrate in the dust; give me life according to Your word. I declared my ways, and You answered me, teach me Your statutes. Make me understand the way of Your precepts, and I will meditate on Your wondrous deeds.

My soul weeps for sorrow; strengthen me according to Your words. Remove from me the way of falsehood, and favor me with Your law. The way of truth I have chosen; I have set Your ordinances before me. I cling to Your decrees; O Lord, let me not be put to shame. I will run the way of Your commands when you give me a docile heart.

Glory to the Father and to the Son and to the Holy Spirit as it was in the beginning, is now, and will be forever. Amen.

Marian Consecration Prayer (once daily)

To you, do we turn, O Holy Mary, glorious and Ever-Virgin Mother of God, Queen of Angels and of Saints, the "Virgin made Church."

To you do we cry, O Handmaid of the Lord, Mother of the Suffering Servant, who made the Lord of Majesty our brother.

For through you the most exalted Son of God emptied Himself for love of our love, taking the form of a slave in your womb and dying in destitution on a cross as He gave you to us, O Refuge of Sinners.

To you do we fly, as we beg you to obtain for us the true spirit of the Gospel.

Holy Immaculate Conception, Spouse of the Holy Spirit, taking you into our home, we consecrate and entrust our selves and our Confraternity totally and forever to your Immaculate Heart.

Make us your true sons and daughters and use our Confraternity as an instrument of Christ our King to convert sinners, to sanctify souls, and to strengthen and renew the One, Holy, Catholic, and Apostolic Church, that God--Father, Son and Holy Spirit--may be glorified, praised and adored by all mankind. Amen. .

ADDITIONAL INFORMATION

Indulgences:

Holy Thursday –

Good Friday –

Easter –

Pentecost -

Sacred Heart –

Plenary Indulgence: Chant in Public Tantum ergo

Plenary Indulgence: Solemn adoration of the Holy Cross

Plenary Indulgence: Renewal in public of Baptismal Promises

Plenary Indulgence – Chant in public the Veni Creator

Plenary Indulgence - Public recitation of the Act of Reparation

Our Lady of the Angels of the Portiuncula - Plenary indulgence -

Visit a Church
or Chapel of the
Franciscan 1st Order.

For detailed
information

visit :<https://www.franciscanthirdorderpenitents.com/events>

Commemoration of all of the Faithfully Departed –

Plenary Indulgence for the Holy Souls when one
visit a church or chapel and recites a Pater and a Credo.

Octave of all Saints- Plenary Indulgence is granted from Nov 1 till Nov 8 to all Christian faithful who visits a cemetery, and pray, if only mentally only for the souls in purgatory, a partial Indulgence is given on any other day.

New Year-Plenary Indulgence (Chant the Te Deum in public)

Free Traditional Catholic Books for downloads in PDF & e-books is available at
<http://www.traditionalcatholic.co/free-catholicbooks/>

For Reading Divine Office online please visit
<http://universalis.com>

<https://www.ibreviary.com/m2/breviario.php>

Visit our online library for further reading at
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Share your views and thoughts in our blog section “ Penance Day by Day” at
<https://www.franciscanthirdorderpenitents.com/blog>

CFP Retreats, Reunion. Conferences please do checkup with us on
retreats section on our website at
<https://www.franciscanthirdorderpenitents.com/retreats>

Our Gift Shop “CFP Holy Angels Gift Shop “at <http://cfpholyangels.com/>

For reading Newsletters of the Confraternity current and old ones please do visit
<https://www.franciscanthirdorderpenitents.com/cfp-newsletter-archives>

Hope you find this encouraging.
Please send your valuable suggestions and comments at rejigkcfp@yahoo.com

NOT FOR SALE

Notes