A TABLE of the VIGILS, FASTS, and Days of Abstinence to be observed in the Year.

The Nativity of our LORD.
The Purification of the Blessed Virgin Mary.
The Annunciation of the Blessed Virgin.
Easter-Day.
Ascension-Day.
Pentecost.
S. Matthias.

The Even of Vigils before
S. John Baptist.
S. Peter.
S. James.
S. Bartholomew.
S. Matthew.
S. Simon and S. Jude.
S. Andrew.
S. 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.
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.

Certain Solemn Days, for which particular Services are appointed.

I. The Fifth Day of November, being the Day kept in Memory of the Papists Conspiracy.
II. The Thirtieth Day of January, being the Day kept in Memory of the Martyrdom of King Charles I.
III. The Twenty-ninth Day of May, being the Day kept in Memory of the Birth and Return of King Charles II.
IV. The Twenty-fifth Day of October, being the Day on which His Majesty began his Happy Reign.