



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Green</b> ✝ <b>1</b> 10th Sunday after Pentecost (Saint Peter's Chains) (Saint Paul, Ap) (Holy Machabees, Mm)	<b>White</b> <b>2</b> Saint Alphonsus Maria de Liguori, BCD (Saint Stephen I, PM)	<b>Red</b> <b>3</b> Finding of the Body of Saint Stephen (First Martyr)	<b>White</b> <b>4</b> Saint Dominic de Guzmán, C	<b>White</b> <b>5</b> Dedication of the Basilica of Our Lady of the Snows	<b>White</b> <b>6</b> <b>First Friday</b> <b>Abstinence</b> Transfiguration of Jesus Christ (Saint Sixtus II, P, & Comp., Mm) 	<b>White</b> <b>7</b> <b>First Saturday</b> Saint Cajetan of Thiene, C (Saint Donatus, BM) 
<b>Green</b> ✝ <b>8</b> 11th Sunday after Pentecost (Saint Cyriacus & Comp., Mm)	<b>White</b> <b>9</b> Saint John Mary Vianney, C (Vigil of Saint Lawrence) (Saint Romanus of Rome, M)	<b>Red</b> <b>10</b> Saint Lawrence the Archdeacon, M	<b>Red</b> <b>11</b> Saint Tiburtius, M, & Susanna, VM	<b>White</b> <b>12</b> Saint Clare, V	<b>Red</b> <b>13</b> <b>Abstinence</b> Ss. Hippolytus & Cassian, Mm 	<b>Violet</b> <b>14</b> Vigil of the Assumption (Saint Eusebius, C)
<b>White</b> ✝ <b>15</b> <b>Holy Day of Obligation</b> Assumption of the Blessed Virgin Mary (12th Sunday after Pentecost)	<b>White</b> <b>16</b> Saint Joachim, Father of the BVM, C	<b>White</b> <b>17</b> Saint Hyacinth of Cracow, C (Octave of Saint Lawrence) (Within the Octave)	<b>White</b> <b>18</b> Within the Octave (Saint Agapitus, M)	<b>White</b> <b>19</b> Saint John Eudes, C (Within the Octave)	<b>White</b> <b>20</b> <b>Abstinence</b> Saint Bernard, AbD (Within the Octave) 	<b>White</b> <b>21</b> Saint Jane Frances de Chantal, W (Within the Octave)
<b>White</b> ✝ <b>22</b> Immaculate Heart of Mary (13th Sunday after Pentecost) (Saint Timothy & Comp., Mm)	<b>White</b> <b>23</b> Saint Philip Benizi, C (Vigil of the Saint Bartholomew, Ap)	<b>Red</b> <b>24</b> Saint Bartholomew, Ap	<b>White</b> <b>25</b> Saint Louis IX, King of France, C	<b>Red</b> <b>26</b> Saint Zephyrinus, PM	<b>White</b> <b>27</b> <b>Abstinence</b> Saint Joseph Calansanctius, C 	<b>White</b> <b>28</b> Saint Augustine of Hippo, BCD (Saint Hermes, M)
<b>Green</b> ✝ <b>29</b> 14th Sunday after Pentecost (Beheading of Saint John the Baptist) (Saint Sabina, M)	<b>White</b> <b>30</b> Saint Rose of Lima, V (Ss. Felix & Adactus, Mm)	<b>White</b> <b>31</b> Saint Raymond Nonnatus, C	<b>Ab</b> - Abbot <b>Ap</b> - Apostle <b>B</b> - Bishop <b>BVM</b> - Blessed Virgin Mary <b>C</b> - Confessor <b>Comp.</b> - Companions <b>D</b> - Doctor of the Church <b>Ev</b> - Evangelist	<b>M</b> - Martyr <b>Mm</b> - Martyrs <b>P</b> - Pope <b>Pp</b> - Popes <b>Ss.</b> - Saints <b>V</b> - Virgin <b>W</b> - Widow <b>(Saint -name-)</b> - Commemoration	<b>Day of Fast</b> = Only one full meal is allowed, at which meat may be taken. Two other meatless meals, which together are less than the full meal, are also permitted. <b>Abstinence</b> = Meat (and soup or gravy made from meat) <b>may not</b> be taken at all. <b>Partial Abstinence</b> = Meat (and soup or gravy made from meat) <b>may be eaten only once.</b>	