



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