







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.		Red 1 Most Precious Blood of Jesus Christ (Octave Day of Nativity of Saint John the Baptist)	White 2 First Friday Abstinence Visitation of the Blessed Virgin Mary (Ss. Processus and Martinian, Mm)	White 3 First Saturday Saint Leo II, PC (Within the Octave)
Green  4 6th Sunday after Pentecost (Within the Octave)	White 5 Saint Anthony Mary Zaccaria, C (Within the Octave)	Red 6 Octave Day of Ss. Peter & Paul, Apostles	White 7 Ss. Cyril and Methodius, BCc	White 8 Saint Elizabeth, Queen of Portugal, W	Green 9 Abstinence Ferial Day	Red 10 Seven Holy Brothers, Mm (Ss. Rufina & Secunda, VvMm)
Green  11 7th Sunday after Pentecost (Saint Pius I, PM)	White 12 Saint John Gualbert, Ab (Ss. Nabor & Felix, Mm)	Red 13 Saint Cletus, PM	White 14 Saint Bonaventura of Bagnoregio, BCD	White 15 Saint Henry II, Emperor of Germany, C	White 16 Abstinence Our Lady of Mount Carmel	White 17 Saint Alexius of Rome, C
Green  18 8th Sunday after Pentecost (Saint Camillus de Lellis, C) (Saint Symphorosa & her Seven Sons, Mm)	White 19 Saint Vincent de Paul, C	White 20 Saint Jerome Emilian, C (Saint Margaret of Antioch, VM)	White 21 Saint Praxedes, V	White 22 Saint Mary Magdalene, Penitent	Red 23 Abstinence Saint Apollinaris of Ravenna, BM (Saint Liborius, BC)	Violet 24 Vigil of Saint James the Greater, Apostle (Saint Christina, VM)
Red  25 Saint James the Greater, Ap (9th Sunday after Pentecost) (Saint Christopher, M)	White 26 Saint Anne, Mother of the BVM, W	Red 27 Saint Pantaleon, M	Red 28 Ss. Nazarius & Celsus, Mm	White 29 Saint Martha, V (Saint Felix II & Comp., Mm)	Red 30 Abstinence Ss. Abdon & Sennen, Mm	White 31 Saint Ignatius of Loyola, C