



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 First Friday Abstinence Most Precious Blood of Jesus Christ (Octave Day of the Sacred Heart of Jesus) (Within the Octave)	White First Saturday Visitation of the Blessed Virgin Mary (Octave Day of the Nativity of Saint John the Baptist) (Within the Octave) (Ss. Processus and Martinian, Mm)
Green ✝ 3 4th Sunday after Pentecost (Saint Leo II, PC) (Within the Octave)	Red 4 Within the Octave	White 5 Saint Anthony Mary Zaccaria, C (Within the Octave)	Red 6 Octave Day of the Ss. Peter & Paul, Apostles	White 7 Ss. Cyril and Methodius, BCc	White 8 Abstinence Saint Elizabeth, Queen of Portugal, W	White 9 Our Lady's Saturday
Green ✝ 10 5th Sunday after Pentecost (Seven Holy Brothers, Mm) (Ss. Rufina & Secunda, VvMm)	Red 11 Saint Pius I, PM	White 12 Saint John Gualbert, Ab (Ss. Nabor & Felix, Mm)	Red 13 Saint Cletus, PM	White 14 Saint Bonaventure of Bagnoregio, BCD	White 15 Abstinence Saint Henry II, Emperor of Germany, C	White 16 Our Lady of Mount Carmel
Green ✝ 17 6th Sunday after Pentecost (Saint Alexius of Rome, C)	White 18 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 Abstinence Saint Mary Magdalene, Penitent	Red 23 Saint Apollinaris of Ravenna, BM (Vigil of Saint James the Greater, Apostle) (Saint Liborius, BC)
Green ✝ 24/31 7th Sunday after Pentecost (Saint Christina, VM)	Red 25 Saint James the Greater, Ap (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 Abstinence Saint Martha, V (Saint Felix II & Comp., Mm)	Red 30 Ss. Abdon & Sennen, Mm

You can access the Traditional Catholic Calendar from the following webpage: vaticancatholic.com/catholic-calendar