













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	Red 1 Most Precious Blood of Jesus Christ (Octave Day of the Nativity of Saint John the Baptist)	White 2 Visitation of the Blessed Virgin Mary (Ss. Processus and Martinian, Mm)	White 3 Saint Leo II, PC	Green 4 Ferial Day	White 5 First Friday <i>Abstinence</i> Saint Anthony Mary Zaccaria, C  	Red 6 First Saturday Octave Day of Ss. Peter & Paul, Apostles 
Green  7 7th Sunday after Pentecost (Ss. Cyril, BC, and Methodius, BC)	White 8 Saint Elizabeth, Queen of Portugal, W	Green 9 Ferial Day	Red 10 Seven Holy Brothers, Mm (Ss. Rufina & Secunda, VvMm)	Red 11 Saint Pius I, PM	White 12 <i>Abstinence</i> Saint John Gualbert, Ab (Ss. Nabor & Felix, Mm) 	Red 13 Saint Cletus, PM
Green  14 8th Sunday after Pentecost (Saint Bonaventure of Bagnoregio, BCD)	White 15 Saint Henry II, Emperor of Germany, C	White 16 Our Lady of Mount Carmel	White 17 Saint Alexius of Rome, C	White 18 Saint Camillus de Lellis, C (Saint Symphorosa & her Seven Sons, Mm)	White 19 <i>Abstinence</i> Saint Vincent de Paul, C 	White 20 Saint Jerome Emilian, C (Saint Margaret of Antioch, VM)
Green  21 9th Sunday after Pentecost (Saint Praxedes, V)	White 22 Saint Mary Magdalene, Penitent	Red 23 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 (Saint Christopher, M)	White 26 <i>Abstinence</i> Saint Anne, Mother of the BVM, W 	White 27 Our Lady's Saturday (Saint Pantaleon, M)
Green  28 10th Sunday after Pentecost (Ss. Nazarius & Comp., Mm)	White 29 Saint Martha, V (Saint Felix II & Comp., Mm)	Red 30 Ss. Abdon & Sennen, Mm	White 31 Saint Ignatius of Loyola, C	M - Martyr Mm - Martyrs P - Pope Pp - Popes Ss. - Saints V - Virgin W - Widow (Saint -name-) - Commemoration <i>Day of Fast</i> = 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. <i>Abstinence</i> = Meat (and soup or gravy made from meat) may not be taken at all. <i>Partial Abstinence</i> = Meat (and soup or gravy made from meat) may be eaten only once.		