













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	Red 1 Most Precious Blood of Jesus Christ (Octave Day of the Nativity of Saint John the Baptist) (Within the Octave)	White 2 Visitation of the Blessed Virgin Mary (Within the Octave) (Ss. Processus and Martinian, Mm)	White 3 Saint Leo II, PC (Within the Octave)	White 4 First Friday <i>Abstinence</i> Octave Day of the Sacred Heart of Jesus  	White 5 First Saturday Our Lady's Saturday (Saint Anthony Mary Zaccaria, C) 
Red  6 Octave Day of Ss. Peter & Paul, Apostles (4th Sunday after Pentecost)	White 7 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 <i>Abstinence</i> Saint Pius I, PM 	White 12 Saint John Gualbert, Ab (Ss. Nabor & Felix, Mm)
Green  13 5th Sunday after Pentecost (Saint Cletus, PM)	White 14 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 <i>Abstinence</i> Saint Camillus de Lellis, C (Saint Symphorosa & her Seven Sons, Mm) 	White 19 Saint Vincent de Paul, C
Green  20 6th Sunday after Pentecost (Saint Jerome Emilian, C) (Saint Margaret of Antioch, VM)	White 21 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 <i>Abstinence</i> Saint James the Greater, Ap (Saint Christopher, M) 	White 26 Saint Anne, Mother of the BVM, W
Green  27 7th Sunday after Pentecost (Saint Pantaleon, M)	Red 28 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	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.	