







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Ab</b> - Abbot <b>Ap</b> - Apostle <b>B</b> - Bishop <b>BVM</b> - Blessed Virgin Mary <b>C</b> - Confessor <b>Comp.</b> - Companions <b>D</b> - Doctor of the Church <b>Ev</b> - Evangelist	<b>M</b> - Martyr <b>Mm</b> - Martyrs <b>P</b> - Pope <b>Pp</b> - Popes <b>Ss.</b> - Saints <b>V</b> - Virgin <b>W</b> - Widow <b>(Saint -name-)</b> - Commemoration	<b>White</b> <b>1</b> Saint Angela Merici, V	<b>Red</b> <b>2</b> Saint Marcellinus & Comp., Mm	<b>White</b> <b>3</b> Corpus Christi	<b>White</b> <b>4</b> <b>First Friday</b> <i>Abstinence</i> Within the Octave (Saint Francis Caracciolo, C)	<b>White</b> <b>5</b> <b>First Saturday</b> Within the Octave (Saint Boniface of Mainz, BM)
<b>White</b>  <b>6</b> Sunday within the Octave of Corpus Christi  (Saint Norbert of Xanten, BC) (2nd Sunday after Pentecost)	<b>White</b> <b>7</b> Within the Octave	<b>White</b> <b>8</b> Within the Octave	<b>White</b> <b>9</b> Within the Octave  (Ss. Primus & Felician, Mm)	<b>White</b> <b>10</b> Octave Day of Corpus Christi  (Saint Margaret, Queen of Scotland, W)	<b>White</b> <b>11</b> <i>Abstinence</i> Sacred Heart of Jesus	<b>White</b> <b>12</b> Saint John of Saint Facundo, C  (Within the Octave) (Saint Basilides & Comp., Mm)
<b>White</b>  <b>13</b> Sunday within the Octave of Sacred Heart of Jesus  (Saint Anthony of Padua, CD) (3rd Sunday after Pentecost)	<b>White</b> <b>14</b> Saint Basil the Great, BCD  (Within the Octave)	<b>White</b> <b>15</b> Within the Octave  (Saint Vitus of Lucania & Comp., Mm)	<b>White</b> <b>16</b> Within the Octave	<b>White</b> <b>17</b> Within the Octave	<b>White</b> <b>18</b> <i>Abstinence</i> Saint Ephrem, Deacon, CD (Octave Day of Sacred Heart of Jesus) (Ss. Mark & Marcellianus, Mm)	<b>White</b> <b>19</b> Saint Juliana Falconieri, V  (Ss. Gervase & Protase, Mm)
<b>Green</b>  <b>20</b> 4th Sunday after Pentecost  (Saint Silverius, PM)	<b>White</b> <b>21</b> Saint Aloysius Gonzaga, C	<b>White</b> <b>22</b> Saint Paulinus of Nola, BC	<b>Violet</b> <b>23</b> Vigil of the Nativity of Saint John the Baptist	<b>White</b> <b>24</b> Nativity of Saint John the Baptist	<b>White</b> <b>25</b> <i>Abstinence</i> Saint William of Vercelli, Ab  (Within the Octave)	<b>Red</b> <b>26</b> Ss. John & Paul, Mm  (Within the Octave)
<b>Green</b>  <b>27</b> 5th Sunday after Pentecost  (Within the Octave)	<b>Red</b> <b>28</b> Saint Irenaeus, BM  (Within the Octave) (Vigil of Ss. Peter & Paul, Apostles)	<b>Red</b> <b>29</b> Ss. Peter & Paul, Apostles	<b>Red</b> <b>30</b> Commemoration of Saint Paul, Ap  (Within the Octave of Nativity of Saint John the Baptist) (Within the Octave of Ss. Peter & Paul, Apostles) (Saint Peter, Ap)	<b>Day of Fast</b> = 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. <b>Abstinence</b> = Meat (and soup or gravy made from meat) <b>may not</b> be taken at all. <b>Partial Abstinence</b> = Meat (and soup or gravy made from meat) <b>may be eaten only</b> <b>once.</b>		