



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

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