













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>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) may <b>not</b> be taken at all. <b>Partial Abstinence</b> = Meat (and soup or gravy made from meat) <b>may be eaten only once</b> .				<b>White</b>  <b>First Saturday</b>  Within the Octave  (Saint Angela Merici, V) 
<b>White</b>  <b>2</b>  Sunday within the Octave of Corpus Christi  (2nd Sunday after Pentecost)  (Saint Marcellinus & Comp., Mm)	<b>White</b> <b>3</b>  Within the Octave	<b>White</b> <b>4</b>  Within the Octave  (Saint Francis Caracciolo, C)	<b>White</b> <b>5</b>  Within the Octave  (Saint Boniface of Mainz, BM)	<b>White</b> <b>6</b>  Octave Day of Corpus Christi  (Saint Norbert of Xanten, BC)	<b>White</b> <b>7</b>  <b>First Friday</b> <b>Abstinence</b> Sacred Heart of Jesus  	<b>White</b> <b>8</b>  Queenship of the BVM [from May 31st]  (Within the Octave)
<b>White</b>  <b>9</b>  Sunday within the Octave of the Sacred Heart of Jesus  (3rd Sunday after Pentecost)  (Ss. Primus & Felician, Mm)	<b>White</b> <b>10</b>  Saint Margaret, Queen of Scotland, W  (Within the Octave)	<b>Red</b> <b>11</b>  Saint Barnabas, Ap  (Within the Octave)	<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>  Saint Anthony of Padua, CD  (Within the Octave)	<b>White</b> <b>14</b>  <b>Abstinence</b> Saint Basil the Great, BCD (Octave Day of the Sacred Heart of Jesus) 	<b>White</b> <b>15</b>  Our Lady's Saturday  (Saint Vitus of Lucania & Comp., Mm)
<b>Green</b>  <b>16</b>  4th Sunday after Pentecost	<b>Green</b> <b>17</b>  Ferial Day	<b>White</b> <b>18</b>  Saint Ephrem, Deacon, CD (Ss. Mark & Marcellianus, Mm)	<b>White</b> <b>19</b>  Saint Juliana Falconieri, V (Ss. Gervase & Protase, Mm)	<b>Red</b> <b>20</b>  Saint Silverius, PM	<b>White</b> <b>21</b>  <b>Abstinence</b> Saint Aloysius Gonzaga, C 	<b>White</b> <b>22</b>  Saint Paulinus of Nola, BC (Vigil of the Nativity of Saint John the Baptist)
<b>Green</b>  <b>23/30</b>  5th Sunday after Pentecost  6th Sunday after Pentecost (Commemoration of Saint Paul, Ap) (Within the Octave) (Saint Peter, Ap)	<b>White</b> <b>24</b>  Nativity of Saint John the Baptist	<b>White</b> <b>25</b>  Saint William of Vercelli, Ab (Within the Octave)	<b>Red</b> <b>26</b>  Ss. John & Paul, Mm (Within the Octave)	<b>White</b> <b>27</b>  Within the Octave	<b>Red</b> <b>28</b>  <b>Abstinence</b> Saint Irenaeus, BM (Within the Octave) (Vigil of Ss. Peter & Paul, Apostles) 	<b>Red</b> <b>29</b>  Ss. Peter & Paul, Apostles