



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>White</b> ✝ <b>1</b> Sunday within the Octave of the Ascension of Our Lord Jesus Christ (Saint Angela Merici, V)	<b>White</b> <b>2</b> Within the Octave (Saint Marcellinus & Comp., Mm)	<b>White</b> <b>3</b> Within the Octave	<b>White</b> <b>4</b> Saint Francis Caracciolo, C (Within the Octave)	<b>White</b> <b>5</b> Octave Day of the Ascension of Our Lord Jesus Christ (Saint Boniface of Mainz, BM)	<b>White</b> <b>6</b> <b>First Friday</b> <i>Abstinence</i> Saint Norbert of Xanten, BC 	<b>Violet Red</b> <b>7</b> <b>First Saturday</b> <i>Partial Abstinence</i> <i>Day of Fast</i> Vigil of Pentecost 
<b>Red</b> ✝ <b>8</b> Pentecost Sunday	<b>Red</b> <b>9</b> Pentecost Monday	<b>Red</b> <b>10</b> Pentecost Tuesday	<b>Red</b> <b>11</b> <i>Day of Fast</i> <i>Partial Abstinence</i> Ember Wednesday Pentecost Wednesday (Saint Barnabas, Ap)	<b>Red</b> <b>12</b> Pentecost Thursday (Saint John of Saint Facundo, C) (Saint Basilides & Comp., Mm)	<b>Red</b> <b>13</b> <i>Day of Fast</i> <i>Abstinence</i> Ember Friday Pentecost Friday (Saint Anthony of Padua, CD)	<b>Red</b> <b>14</b> <i>Day of Fast</i> <i>Partial Abstinence</i> Ember Saturday Pentecost Saturday (Saint Basil the Great, BCD)
<b>White</b> ✝ <b>15</b> Trinity Sunday (1st Sunday after Pentecost)	<b>Green</b> <b>16</b> Ferial Day	<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> Corpus Christi	<b>White</b> <b>20</b> <i>Abstinence</i> Within the Octave (Saint Silverius, PM)	<b>White</b> <b>21</b> Within the Octave (Saint Aloysius Gonzaga, C)
<b>White</b> ✝ <b>22</b> Sunday within the Octave of Corpus Christi (Saint Paulinus of Nola, BC) (2nd Sunday after Pentecost)	<b>White</b> <b>23</b> Within the Octave (Vigil of the Nativity of Saint John the Baptist)	<b>White</b> <b>24</b> Nativity of Saint John the Baptist (Within the Octave)	<b>White</b> <b>25</b> Within the Octave (Saint William of Vercelli, Ab) (Within the Octave)	<b>White</b> <b>26</b> Octave Day of Corpus Christi (Ss. John & Paul, Mm) (Within the Octave)	<b>White</b> <b>27</b> <i>Abstinence</i> Sacred Heart of Jesus 	<b>Red</b> <b>28</b> Saint Irenaeus, BM (Within the Octave) (Within the Octave) (Vigil of Ss. Peter & Paul, Apostles)
<b>Red</b> ✝ <b>29</b> Ss. Peter & Paul, Apostles (Sunday within the Octave of the Sacred Heart of Jesus) (3rd Sunday after Pentecost)	<b>Red</b> <b>30</b> Commemoration of Saint Paul, Ap (Within the Octave) (Within the Octave) (Saint Peter, Ap)	<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>