



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	<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>				Red	1 First Saturday Ss. Philip & James, Apostles
White 2 4th Sunday after Easter (Saint Athanasius of Alexandria, BCD)	Red 3 Finding of the Holy Cross (Saint Alexander I, P, & Comp., Mm)	White 4 Saint Monica of Hippo, W	White 5 Saint Pius V, PC	Red 6 Saint John before the Latin Gate, ApEv	Red 7 First Friday Abstinence Saint Stanislaus, BM	White 8 Apparition of Saint Michael the Archangel	
White 9 5th Sunday after Easter (Saint Gregory Nazianzen, BCD)	White 10 <i>Rogation Day</i> Saint Antoninus, BC (Ss. Gordianus & Epimachus, Mm)	White 11 <i>Rogation Day</i> Ferial Day	Red 12 <i>Rogation Day</i> Saint Nereus & Comp., Mm (Vigil of the Ascension of Jesus Christ)	White 13 Holy Day of Obligation Ascension of Our Lord Jesus Christ	White 14 Abstinence Within the Octave (Saint Boniface of Tarsus, M)	White 15 Saint John Baptist de La Salle, C (Within the Octave)	
White 16 Sunday within the Octave of Ascension of Our Lord Jesus Christ (Saint Ubaldus, BC)	White 17 Saint Paschal Baylon, C (Within the Octave)	Red 18 Saint Venantius of Camerino, M (Within the Octave)	White 19 Saint Peter Celestine, PC (Within the Octave) (Saint Pudentiana, V)	White 20 Octave Day of Ascension of Our Lord Jesus Christ (Saint Bernardine of Siena, C)	White 21 Abstinence Ferial Day	Violet Red 22 Day of Fast Abstinence Vigil of Pentecost	
Red White 23/30 Pentecost Sunday Trinity Sunday (1st Sunday after Pentecost)	Red White 24/31 Pentecost Monday Queenship of the BVM (Saint Petronilla, V)	Red 25 Pentecost Tuesday	Red 26 Day of Fast Partial Abstinence Ember Wednesday Pentecost Wednesday (Saint Philip Neri, C) (Saint Eleutherius, PM)	Red 27 Pentecost Thursday (Saint Bede, the Venerable, CD) (Saint John I, PM)	Red 28 Day of Fast Abstinence Ember Friday Pentecost Friday (Saint Augustine of Canterbury, BC)	Red 29 Day of Fast Partial Abstinence Ember Saturday Pentecost Saturday (Saint Mary Magdalene of Pazzi, V)	