




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