














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 Giles, Ab</p> <p>(Twelve Holy Brothers, Mm)</p>	<p>White 2</p> <p>Saint Stephen, King of Hungary, C</p>	<p>White 3</p> <p>First Friday Abstinence</p> <p>Saint Pius X, PC</p> <p></p>	<p>White 4</p> <p>First Saturday</p> <p>Our Lady's Saturday</p> <p></p>
<p>Green  5</p> <p>15th Sunday after Pentecost</p> <p>(Saint Lawrence Justinian, BC)</p>	<p>Green 6</p> <p>Ferial Day</p>	<p>Green 7</p> <p>Ferial Day</p>	<p>White 8</p> <p>Nativity of the Blessed Virgin Mary</p> <p>(Saint Hadrian, M)</p>	<p>White 9</p> <p>Saint Peter Claver, C</p> <p>(Saint Gorgonius, M)</p>	<p>White 10</p> <p>Abstinence</p> <p>Saint Nicholas of Tolentino, C</p> <p></p>	<p>White 11</p> <p>Our Lady's Saturday</p> <p>(Ss. Protus & Hyacinth, Mm)</p>
<p>Green  12</p> <p>16th Sunday after Pentecost</p> <p>(Most Holy Name of Mary)</p>	<p>Green 13</p> <p>Ferial Day</p>	<p>Red 14</p> <p>Exaltation of the Holy Cross</p>	<p>White 15</p> <p>Day of Fast Partial Abstinence</p> <p>Ember Wednesday</p> <p>Seven Sorrows of the BVM</p> <p>(Saint Nicomedes, M)</p> <p></p>	<p>Red 16</p> <p>Ss. Cornelius, P, & Cyprian, BMm</p> <p>(Saint Euphemia, V, & Comp., Mm)</p>	<p>White 17</p> <p>Day of Fast Abstinence</p> <p>Ember Friday</p> <p>Impression of the Stigmata of Saint Francis</p> <p></p>	<p>White 18</p> <p>Day of Fast Partial Abstinence</p> <p>Ember Saturday</p> <p>Saint Joseph of Cupertino, C</p> <p></p>
<p>Green  19</p> <p>17th Sunday after Pentecost</p> <p>(Saint Januarius, B, & Comp., Mm)</p>	<p>Red 20</p> <p>Saint Eustace & Comp., Mm</p> <p>(Vigil of Saint Matthew)</p>	<p>Red 21</p> <p>Saint Matthew, ApEv</p>	<p>White 22</p> <p>Saint Thomas of Villanova, BC</p> <p>(Saint Maurice & Comp., Mm)</p>	<p>Red 23</p> <p>Saint Linus, PM</p> <p>(Saint Thecla, VM)</p>	<p>White 24</p> <p>Abstinence</p> <p>Our Lady of Ransom</p> <p></p>	<p>White 25</p> <p>Our Lady's Saturday</p>
<p>Red  26</p> <p>Saint Isaac Jogues & Comp., Mm</p> <p>(18th Sunday after Pentecost)</p> <p>(Ss. Cyprian & Justina, Mm)</p>	<p>Red 27</p> <p>Ss. Cosmas & Damian, Mm</p>	<p>Red 28</p> <p>Saint Wenceslaus, M</p>	<p>White 29</p> <p>Dedication of Saint Michael the Archangel</p>	<p>White 30</p> <p>Saint Jerome, CD</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>	