



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	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. Abstinence = Meat (and soup or gravy made from meat) may not be taken at all. Partial Abstinence = Meat (and soup or gravy made from meat) may be eaten only once.			White 1 Saint Giles, Ab (Twelve Holy Brothers, Mm)	White 2 First Friday Abstinence Saint Stephen, King of Hungary, C  	White 3 First Saturday Saint Pius X, PC 
Green  4 13th Sunday after Pentecost	White 5 Saint Lawrence Justinian, BC	Green 6 Ferial Day	Green 7 Ferial Day	White 8 Nativity of the Blessed Virgin Mary (Saint Hadrian, M)	White 9 Abstinence Saint Peter Claver, C (Saint Gorgonius, M)	White 10 Saint Nicholas of Tolentino, C 
Green  11 14th Sunday after Pentecost (Ss. Protus & Hyacinth, Mm)	White 12 Most Holy Name of Mary	Green 13 Ferial Day	Red 14 Exaltation of the Holy Cross	White 15 Seven Sorrows of the BVM (Saint Nicomedes, M)	Red 16 Abstinence Ss. Cornelius, P, & Cyprian, BMm (Saint Euphemia, V, & Comp., Mm)	White 17 Impression of the Stigmata of Saint Francis 
Green  18 15th Sunday after Pentecost (Saint Joseph of Cupertino, C)	Red 19 Saint Januarius, B, & Comp., Mm	Red 20 Saint Eustace & Comp., Mm (Vigil of Saint Matthew)	Red 21 Day of Fast Partial Abstinence Ember Wednesday Saint Matthew, ApEv 	White 22 Saint Thomas of Villanova, BC (Saint Maurice & Comp., Mm)	Red 23 Day of Fast Abstinence Ember Friday Saint Linus, PM (Saint Thecla, VM)	White 24 Day of Fast Partial Abstinence Ember Saturday Our Lady of Ransom 
Green  25 16th Sunday after Pentecost	Red 26 Saint Isaac Jogues & Comp., Mm (Ss. Cyprian & Justina, Mm)	Red 27 Ss. Cosmas & Damian, Mm	Red 28 Saint Wenceslaus, M	White 29 Dedication of Saint Michael the Archangel	White 30 Abstinence Saint Jerome, CD 	M - Martyr Mm - Martyrs P - Pope Pp - Popes Ss. - Saints V - Virgin W - Widow (Saint -name-) - Commemoration

You can access the Traditional Catholic Calendar from the following webpage: vaticancatholic.com/catholic-calendar