



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