






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