



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	White 1 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 First Friday Abstinence Saint Lawrence Justinian, BC	White 6 First Saturday Our Lady's Saturday
Green 7 13th Sunday after Pentecost	White 8 Nativity of the Blessed Virgin Mary (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 Abstinence Most Holy Name of Mary	White 13 Our Lady's Saturday
Green 14 14th Sunday after Pentecost (Exaltation of the Holy Cross)	White 15 Seven Sorrows of the BVM (Saint Nicomedes, M)	Red 16 Ss. Cornelius, P, & Cyprian, BMm (Saint Euphemia, V, & Comp., Mm)	White 17 Day of Fast Partial Abstinence Ember Wednesday Impression of the Stigmata of Saint Francis	White 18 Saint Joseph of Cupertino, C	Red 19 Day of Fast Abstinence Ember Friday Saint Januarius, B, & Comp., Mm	Red 20 Day of Fast Partial Abstinence Ember Saturday Saint Eustace & Comp., Mm (Vigil of Saint Matthew)
Red 21 Saint Matthew, ApEv (15th Sunday after Pentecost)	White 22 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 Abstinence Saint Isaac Jogues & Comp., Mm (Ss. Cyprian & Justina, Mm)	Red 27 Ss. Cosmas & Damian, Mm
Green 28 16th Sunday after Pentecost (Saint Wenceslaus, M)	White 29 Dedication of Saint Michael the Archangel	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	
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.						