

# J U L Y

*1*

## CANADA DAY

Canada's national day,  
la Fête du Canada.

*3*

## DOG DAYS OF SUMMER BEGIN

Sirius, the Dog Star, now rises with the sun and rules these hottest days of summer, through August 11.

*4*

## INDEPENDENCE DAY

The 249th birthday of the United States.

*7*

## TANABATA

Seventh day, seventh month:  
the stars Vega and Altair are at their most visible, bringing the Star Festival to Japan, where wishes are written on paper and tied to the trees.

*14*

## BASTILLE DAY

La Fête Nationale of France.

*15*

## ST. SWITHIN'S DAY

*St. Swithin's Day, if thou dost rain,  
For forty days it will remain;  
St. Swithin's Day, if thou be fair,  
For forty days 'twill rain nae mair.*

*16*

## OUR LADY OF MOUNT CARMEL

Sacred to Chile.



*Summer fruits.*

*23*

## NEPTUNALIA & SALACIA

Ancient Roman festival to honor Neptune, the sea god, and his wife Salacia, goddess of the salty sea.

*25*

## ST. JAMES'S DAY

Sacred to Spain. Oysters for supper.

*26*

## ST. ANN'S DAY

Ann, mother of Mary: a patron saint of sailors, protector from storms.

*29*

## ST. MARTHA'S DAY

Martha teaches us to engage life and to not worry about silly things.

*31*

## LAMMAS EVE

First of the harvest festivals. Lammas brings a gentle reminder of the waning of summer and the approach of fall. Tradition would have us bake a loaf of bread at Lammas with the newly harvested grain. Shakespeare's Juliet was born on Lammas Eve.



CONVIVIO  
bookworks

CRAFTING GOOD LIVING

*follow the book of days blog at [conviviobookworks.com](http://conviviobookworks.com)*

It's watermelon time! Cover star: "Still Life with Watermelon" by Rubens Peale, oil on canvas, 1865. Convivio Book of Days July 2025.