



Preparing for The Jubilee 'Indulgences'

Diocese of Prince Albert
Liturgy Office



Indulgences

The Jubilee Indulgence is a concrete manifestation of God's mercy, which goes beyond and transforms the boundaries of human justice. This treasury of grace entered human history in the witness of Jesus and the saints, and by living in communion with them our hope for our own forgiveness is strengthened and becomes a certainty. The Jubilee indulgence allows us to free our hearts from the weight of sin because the reparation due for our sins is given freely and abundantly.

In practical terms, the experience of God's mercy involves some spiritual acts indicated by the Pope. Those who cannot make the Jubilee pilgrimage due to illness or other circumstances are nonetheless invited to take part in the spiritual movement that accompanies the Jubilee year, offering up the sufferings of their daily lives, and participating in the Eucharistic celebration.

**Information on this page taken from
<https://www.iubilaeum2025.va/en.html>



What is an indulgence?

“An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints. An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin. Indulgences may be applied to the living or the dead.

How is the Jubilee Indulgence obtained?

All the faithful, who are truly repentant and free from any affection for sin (cf. *Enchiridion Indulgentiarum*, IV ed., norm. 20, §1), who are moved by a spirit of charity and who, during the Holy Year, purified through the sacrament of penance and refreshed by Holy Communion, pray for the intentions of the Supreme Pontiff, will be able to obtain from the treasury of the Church a plenary indulgence, with remission and forgiveness of all their sins, which can be applied in suffrage to the souls in Purgatory

****For more details and information about the ways in which a plenary indulgence can be obtained and how pilgrimage / sacred places / practising works of mercy & penance fit in to obtaining an indulgence, go to the Jubilee page of the Diocesan website (<https://www.padiocese.ca/2025-jubilee-pilgrims-of-hope>) and find the document:**

Catechetical Resource on Plenary Indulgences during the Jubilee Year

*Information from this section was found in the document put out by the Canadian Conference of Catholic Bishops

**Some Notes on Indulgences from
Enchiridion (Handbook) of Indulgences
4th Edition**

§1. To gain a plenary indulgence, in addition to excluding all attachment to sin, even venial sin, it is necessary to perform the indulgenced work and fulfill the following three conditions: sacramental confession, Eucharistic Communion, and prayer for the intention of the Sovereign Pontiff.

§2. A single sacramental confession suffices for gaining several plenary indulgences; but Holy Communion must be received and prayer for the intention of the Holy Father must be recited for the gaining of each plenary indulgence.

§3. The three conditions may be fulfilled several days before or after the performance of the prescribed work; it is, however, fitting that Communion be received and the prayer for the intention of the Holy Father be said on the same day the work is performed.

§4. If the full disposition is lacking, or if the work and the three prescribed conditions are not fulfilled, saving the provisions given in Norm 24 and in Norm 25 regarding those who are “impeded,” the indulgence will only be partial.

§5. The condition of praying for the intention of the Holy Father is fully satisfied by reciting one Our Father and one Hail Mary; nevertheless, one has the option of reciting any other prayer according to individual piety and devotion, if recited for this intention. (See Enchiridion of Indulgences 4th Edition)

See PDF: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/http://holyjoe.org/indulgences/Indulgences_1999.pdf



**How to receive an indulgence during the
2025 Jubilee year**

Cindy Wooden - Catholic News Service

VATICAN CITY (CNS) --

“Every sin ‘leaves its mark’” even after a person has received forgiveness and absolution through the sacrament of reconciliation, Pope Francis wrote in the document proclaiming the Holy Year. “Sin has consequences, not only outwardly in the effects of the wrong we do, but also inwardly, inasmuch as ‘every sin, even venial, entails an unhealthy attachment to creatures, which must be purified either here on earth, or after death, in the state called Purgatory,’” he wrote, quoting the Catechism of the Catholic Church.

The basic conditions, he wrote, are that a person is “moved by a spirit of charity,” is “purified through the sacrament of penance and refreshed by Holy Communion” and prays for the pope. Along with a pilgrimage, a work of mercy or an act of penance, a Catholic “will be able to obtain from the treasury of the Church a plenary indulgence, with remission and forgiveness of all their sins, which can be applied in suffrage to the souls in Purgatory.” ...

Visiting the sick or a prisoner, feeding the hungry, clothing the naked or welcoming a migrant, “in a sense making a pilgrimage to Christ present in them,” can be another way to receive the indulgence, the cardinal said, adding that an indulgence could be obtained each day from such acts of mercy.

“The Jubilee Plenary Indulgence can also be obtained through initiatives that put into practice, in a concrete and generous way, the spirit of penance which is, in a sense, the soul of the Jubilee,” he wrote, highlighting in particular abstaining on Fridays from “futile distractions” like social media or from “superfluous consumption” by not eating meat.