

## Here Are More Notes about Indulgences



1. Reconciliation does not need to be on the same day as the pilgrimage or pious visit. It is fitting that Holy Communion and Prayer for the Holy Father occur on the same day.
2. A single sacramental Confession suffices for gaining several plenary indulgences within a two-week period; 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. A person may gain an indulgence for himself/herself or offer it for a deceased person or the souls in purgatory.
4. A person may gain a second Plenary Jubilee indulgence on the same day, but only for a deceased person(s) and if they are receiving Holy Communion again within the celebration of a second Mass that day.

## What if Going Somewhere is Not Possible?

The faithful who are truly repentant of sin but who cannot participate in the various solemn celebrations, pilgrimages and pious visits for serious reasons (especially cloistered nuns and monks, but also the elderly, the sick, prisoners, and those who, through their work in hospitals or other care facilities, provide continuous service to the sick), can obtain the Jubilee Indulgence, under the same conditions if, united in spirit with the faithful taking part in person, (especially when the words of the Supreme Pontiff or the diocesan Bishop are transmitted through the various means of communication), they recite the Our Father, the Profession of Faith in any approved form, and other prayers in conformity with the objectives of the Holy Year, in their homes or wherever they are confined (e.g. in the chapel of the monastery, hospital, nursing home, prison...) offering up their sufferings or the hardships of their lives.



## How Do I Receive a Jubilee Indulgence?

“An indulgence is a remission before God of the temporal punishment for sins, whose guilt is forgiven, which a properly disposed member of the Christian faithful obtains under certain and clearly defined conditions through the intervention of the Church, which, as the minister of Redemption, dispenses and applies authoritatively the treasury of the expiatory works of Christ and the saints. An indulgence is partial or plenary according to whether it removes either part or all of the temporal punishment due sin.” (*Handbook of Indulgences*, 4<sup>th</sup> Edition, 1999, Norms 1-2).



*Roman Catholic  
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## Conditions

In addition to the usual plenary and partial indulgences, which are always available, Pope Francis has granted special Plenary Indulgences for the Jubilee Year 2025.

A **Plenary Jubilee Indulgence** is granted to a baptized Catholic, who is repentant and free of any affection for sin, and, moved by a spirit of charity, celebrates the Sacrament of Reconciliation, receives Holy Communion, prays for the intention of the Holy Father, and who:

- a) Undertakes a *Pilgrimage to one of our Diocesan Pilgrimage sites* devoutly participating in one of the following liturgies: Holy Mass, a Celebration of the Word of God, the Liturgy of the Hours (Lauds, Vespers, or Office of Readings), the Way of the Cross, the Marian Rosary, the Byzantine Akathist Hymn, or a penitential celebration with Individual Confession.
- b) Makes a *Pious Visit to one of the Diocesan Pilgrimage sites*, individually or in a group, and, for a suitable period of time, engages in Eucharistic adoration and meditation, concluding with the Our Father, the Profession of Faith, and invocations to Our Lady.

### Prince Albert Diocesan Pilgrimage Sites

- \*Sacred Heart Cathedral in Prince Albert
- \*Notre Dame de Lourdes in North Battleford
- \*St. Laurent Shrine located near Duck Lake
- \*Shrine of St. Theresa in Wakaw



### Three Other Ways of Receiving a Plenary Indulgence during the Jubilee Year 2025

The **Plenary Jubilee Indulgence** is also granted to a baptized Catholic, who is repentant and free of any affection for sin, and, moved by a spirit of charity, celebrates the Sacrament of Reconciliation, receives Holy Communion, prays for the intention of the Holy Father, and who:

1. Participates with a devout spirit in popular missions, spiritual exercises, or formation activities on the documents of the Second Vatican Council and the *Catechism of the Catholic Church*, held in a church or other suitable place, according to the mind of the Holy Father.

(Or):

2. Visits, for an appropriate amount of time, his/her brothers and sisters who are in need or in difficulty (the sick, prisoners, lonely elderly people, disabled people...), in a sense making a pilgrimage to Christ present in them (cf. Mt 25, 34-36). The faithful can repeat these visits throughout the Holy Year, even daily, acquiring a plenary indulgence each time.

(Or):

3. Abstains, in a spirit of penance, at least one day of the week (especially Fridays) from futile distractions (real but also virtual distractions, for example, the use of the media and/or social networks), from superfluous consumption (for example by fasting or practising abstinence according to the general norms of the Church and the indications of the Bishops), as well as by donating a proportionate sum of money to the poor; by supporting works of a religious or social nature, especially in support of the defence and protection of life in all its phases, but also by supporting the quality of life of abandoned children, young people in difficulty, the needy or lonely elderly people, or migrants from various countries; it can also be obtained by dedicating a reasonable portion of one's free time to voluntary activities that are of service to the community or to other similar forms of personal commitment.

