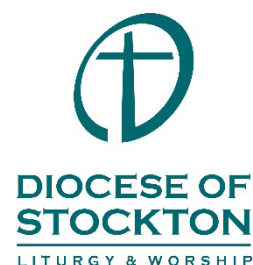




Jubilee Indulgences



Ways to receive the Jubilee Indulgence in our diocese:

Pilgrimages and Visits

- Make a pious pilgrimage to the Cathedral, by participating there in Holy Mass, a celebration of the Word of God, the Liturgy of the Hours, the Stations of the Cross, the Rosary, or a penance service. A pilgrimage is an intentional journey to the Cathedral which would culminate in participation in public prayer.
- Make a pious visit to the Cathedral as an individual or group and, for a suitable period of time, pray and meditate before the Blessed Sacrament (whether reserved in the tabernacle or during a period of Eucharistic Exposition), concluding with the Our Father, any approved form of the Creed, and invocations to Mary. A pious visit is when an individual or group stops by the Cathedral in an informal manner simply to pray.
- Those who cannot participate in a pilgrimage or make a visit to the Cathedral (cloistered religious, the elderly, the sick, prisoners, and those who provide continuous service to the sick) can recite the Our Father, any approved form of the Creed, and other prayers in conformity with the objectives of the Holy Year (such as the Jubilee Prayer), offering up their sufferings or the hardships of their lives.

Formation

- Participate in spiritual exercises, such as a parish mission or retreat
- Participate in 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

Works of Mercy and Penance

- By visiting those 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.
- By abstaining, in a spirit of penance, at least for one day of the week from “futile distractions” (real but also virtual distractions, for example social media)
- By abstaining from superfluous consumption (by, for example, fasting or practicing abstinence from meat)
- By donating a proportionate sum of money to the poor
- By supporting works of a religious or social nature, especially in support of the defense and protection of life in all its phases
- Dedicating a reasonable portion of one’s free time to volunteer activities that are of service to the community

Requirements to Receive a Plenary Indulgence

To receive a plenary indulgence, besides performing the indulgenced activity, one must also meet the general conditions.

- Be truly repentant and free from any attachment to sin
- Receive the Sacrament of Penance
- Receive Holy Communion
- Pray for the intentions of the Holy Father (this is traditionally done by praying an Our Father and Hail Mary for the Pope’s intention, but any prayer may be used)

A single sacramental confession (from twenty days before or after) suffices for several plenary indulgences, but Holy Communion and prayer for the intention of the Holy Father must be done for each plenary indulgence, ideally on the same day, but at least several days before or after the indulgenced activity.

If any of these are lacking, the indulgence will be partial.

Special Jubilee Opportunity

Normally, the faithful may only receive one plenary indulgence per day. However, during the Jubilee Year, the faithful may receive a second plenary indulgence in a single day applicable to those in Purgatory, if they receive Holy Communion a second time that day (when someone receives Holy Communion a second time in one day, the second time **must** be at Mass).