

JUBILEE YEAR OF HOPE

PILGRIMS OF HOPE

THE JUBILEE INDULGENCE Q&A

THE HOLY FATHER DECLARES THAT THE GIFT OF THE INDULGENCE
"IS A WAY OF DISCOVERING THE UNLIMITED NATURE OF GOD'S MERCY"
(SPES NON CONFUNDIT, 23).

WHAT IS AN INDULGENCE?

Sin has a double consequence. A plenary indulgence is the total reparation of all consequences from the sins we have committed. The Sacrament of Reconciliation (confession) removes the eternal punishment that our sins merit. An indulgence is the remission of the temporal punishment (the consequences that remain in us) of sin.

Every sin, even venial, leaves behind an unhealthy attachment to earthly things, even after it is forgiven through our confession. The Church teaches that these earthly attachments can be purified either here on earth (through an indulgence) or after death in purgatory. God's abundant mercy is such that He offers to free us from earthly attachments by means of heavenly remedies, such as prayers, pilgrimages, devotions, and works of mercy.

WHO MAY OBTAIN AN INDULGENCE?

The indulgence is a Jubilee grace that can be applied either to yourself or to a deceased person, but not to other living persons.

Gaining an indulgence on behalf of a deceased person is a great act of mercy because it makes atonement for the attachments of sins they are experiencing in purgatory; the person's soul is then able to proceed to heaven.

If the indulgence is for yourself, you are working toward the remission of the unhealthy attachment that your sins leave behind.

HOW MANY TIMES A DAY CAN I OBTAIN THE JUBILEE INDULGENCE?

Despite the rule that only one plenary indulgence can be obtained per day, the faithful who have carried out an action of charity for the souls in purgatory and receive Holy Communion within a Eucharistic celebration a second time that day may obtain the plenary Jubilee Indulgence again, specifically for the deceased so that they may obtain full mercy.



HOW CAN I OBTAIN THE PLENARY JUBILEE INDULGENCE?

STEP 1

Be in a state of grace and have the interior disposition of complete detachment from sin.

STEP 2

Perform **ONE** of the following:

- Undertake a pious pilgrimage to a Jubilee site and participate in Mass, Rosary, Stations of the Cross, etc.
- Pray at a designated Jubilee site, for a suitable period of time and engage in Eucharistic Adoration and meditation, concluding with the Our Father, the Profession of Faith, and invocations to Mary the Mother of God, i.e., The Memorare.
- Perform a Corporal or Spiritual Work of Mercy, e.g., help the sick and disabled, feed the poor, visit the lonely and imprisoned, etc., support migrants, youth in difficulty, abandoned children, etc., support religious or social works especially in defense of life in all phases.
- Fast one day during the week (from food, media, technology, etc.).

STEP 3

Meet **ALL** of these “usual conditions” for EACH indulgence ideally on the same day but within 20 days before or after the Jubilee act is performed in Step Two.

- Receive the Sacrament of Reconciliation
- Receive Holy Communion
- Pray for the Pope’s intentions - Our Father, Hail Mary, and Glory Be
- Be free from any attachment to sin

Being “free from any attachment to sin” means that an individual must not only refrain from committing a particular sin, but must also not have a deep-seated desire or inclination toward that sin. If this disposition is in any way less than perfect or if any of the “usual” conditions are not fulfilled, the Indulgence will only be partial.

I AM UNABLE TO PARTICIPATE IN PERSON. HOW MAY I OBTAIN AN INDULGENCE?

Those individuals who are homebound, sick, or imprisoned, or work with the sick and the elderly and unable to participate in person and are truly repentant of sin but cannot participate in the various solemn celebrations or unable to make a pilgrimage can receive the Jubilee Indulgence. They are invited to spiritually unite with those taking part in person, recite an Our Father and Profession of Faith, and offer up their sufferings or the hardships.