



Catechetical Resource on Plenary Indulgences during the Jubilee Year



Canadian Conference
of Catholic Bishops

1. 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."⁸¹ "An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin."⁸² Indulgences may be applied to the living or the dead.[1]

In our humanity, weak and attracted by evil, certain residual effects of sin remain. These are removed by the indulgence, always by the grace of Christ, who, as Saint Paul VI wrote, "is himself our 'indulgence'".[2]

2. What is the Jubilee Indulgence?

- The Jubilee Indulgence, thanks to the power of prayer, is intended in a particular way for those who have gone before us, so that they may obtain full mercy. It is a way of discovering the unlimited nature of God's mercy.[3]
- All other Indulgences previously granted remain in force.

3. 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.



4. What are the ways in which a plenary indulgence can be obtained?

- a. Pilgrimages
- b. Pious Visits to Sacred Places
- c. Works of Mercy and Penance

5. What are the specifications for pilgrimages?

- **At any sacred Jubilee site, devoutly participate in:**
 - Holy Mass,
 - A ritual Mass for the conferral of the sacraments of Christian Initiation or the Anointing of the Sick
 - a celebration of the Word of God,
 - the Liturgy of the Hours,
 - the Way of the Cross,
 - the Marian Rosary,
 - the recitation of the Akathist hymn,
 - a penitential celebration with individual confession

- **In Rome: visiting at least one of the four Major Papal Basilicas**
 - Saint Peter
 - Saint John Lateran
 - Saint Mary Major
 - Saint Paul Outside the Walls

- **In the Holy Land: visiting at least one of the three basilicas:**
 - The Basilica of the Holy Sepulchre in Jerusalem
 - The Basilica of the Nativity in Bethlehem
 - The Basilica of the Annunciation in Nazareth



- **In other ecclesiastical areas: visiting the Cathedral or other church or sacred place designated by the local Ordinary**

6. What are the specifications for visits to sacred places?

- At any Jubilee site, individually or in a group, for a suitable period of time, engage in:
 - Eucharistic Adoration, concluding with Our Father, Profession of Faith, invocations to Mary
- As with the places of pilgrimage, visit the following places under the same conditions:
- **In Rome:**
 - Basilica of the Holy Cross in Jerusalem
 - Basilica of Saint Lawrence at the Verano
 - Basilica of Saint Sebastian
 - The traditional visit to “the seven Churches of Rome”
 - The Sanctuary of Divine Love
 - The Church of the Holy Spirit in Sassia
 - The Church of Saint Paul at the Tre Fontane
 - The Roman catacombs
 - The Churches of the Jubilee Pathways dedicated to the Iter Europaeum and to the Female Patrons of Europe and Doctors of the Church (the Basilica of Santa Maria sopra Minerva, and the churches of Saint Brigid at Campo de’ Fiori, Santa Maria della Vittoria, Trinità dei Monti, the Basilica of Saint Cecilia in Trastevere, the Basilica of Sant’Augustine in Campo Marzio)



- **In other places in the world:**

- Basilica of Saint Francis (Assisi)
- Basilica of Our Lady of the Angels (Assisi)
- Pontifical Basilicas of:
 - Our Lady of Loreto
 - Our Lady of Pompeii
 - St. Anthony in Padua
- any
 - minor basilica
 - cathedral church
 - co-cathedral church
 - Marian sanctuary
 - Distinguished collegiate church or sanctuary designated by the diocesan bishop or Eparchy
 - National or international sanctuaries indicated by Episcopal Conferences[1]

What about cloistered nuns and monks, the elderly, the sick, prisoners, workers in hospitals and care facilities who provide continuous care for the sick?

The faithful who are truly repentant of sin but who cannot participate in the various solemn celebrations, pilgrimages and pious visits for serious reasons can obtain the Jubilee Indulgence, under the same conditions, if they are united in spirit with the faithful taking part in person, especially when the words of the Pontiff or the Bishop are transmitted through means of communication.

To obtain the Jubilee plenary indulgence in this way the above mentioned faithful are to:



- o Offer up the sufferings or hardships of their lives and recite:
 - Our Father
 - Profession of Faith
 - Prayers in conformity with the objectives of the Holy Year

7. What are the specifications to obtain the Jubilee Indulgence by practising works of mercy?

- Participate in a church or other suitable place, according to the mind of the Holy Father, with a devout spirit:
 - Popular missions
 - Spiritual exercises
 - Formation activities on documents of Vatican II and Catechism

- According to the usual spiritual, sacramental and prayer conditions
 - Feed the hungry
 - Give drink to the thirsty
 - Clothe the naked
 - Welcome the stranger
 - Heal the sick
 - Visit the imprisoned
 - Bury the dead
 - Counsel the doubtful
 - Instruct the ignorant
 - Admonish sinners
 - Comfort the afflicted
 - Forgive offences
 - Bear patiently those who do us ill
 - Pray for the living and the dead



8. What are the specifications for penance?

- Rediscover penitential nature of Friday
- Abstain from
 - Futile distractions
 - Superfluous consumption
- Donating a proportionate sum of money to the poor
- Supporting works of a religious or social nature (defense and protection of life)
- Support quality of life of abandoned children, young people in difficulty, needy, lonely elderly, migrants
- Dedicating free time to voluntary activities in community service

9. Can a second plenary indulgence be obtained in a single day?

An individual can obtain a second plenary indulgence in a day, which is applicable to the deceased, when he or she:

- Carries out an act of charity on behalf of the souls in Purgatory
- Receives Holy Communion a second time

For more detailed information see [Decree on the Granting of Indulgence during the Ordinary Jubilee Year 2025 called by His Holiness Pope Francis.](#)



[1] Catechism of the Catholic Church, 1471

[2] Apostolic Letter Apostolorum Limina, 23 May 1974, II. Spes Non Confundit, 23.

[3] Spes Non Confundit, 22-23.

[4] Sacred places of welcome and privileged spaces for the rebirth of hope (Spes Non Confundit, 24).

