

THE JUBILEE INDULGENCE

AT THE SAINT MARY CATHEDRAL

of THE IMMACULATE CONCEPTION

219 Seymour Ave, Lansing, MI 48933

1. **Make a brief pilgrimage to the Cathedral as a sign of your deep desire for true conversion and hope in the Lord's Goodness.**
2. **Prayer.** Devoutly participate in Holy Mass at the Cathedral or any of the following: a celebration of the Word of God; the Liturgy of the Hours (office of readings, lauds, vespers); the Via Crucis [Way of the Cross]; the Marian Rosary; the recitation of the Akathist hymn; a penitential celebration, which ends with the individual confessions of the penitents.
3. **Confess your sins in the Sacrament of Reconciliation** within about twenty days before or after your pilgrimage to the Cathedral.
4. **Receive Holy Communion, reflecting on the hope God gives.**
5. **Pray for the Pope and for the intentions that he bears in his heart** for the good of the Church and of the entire world. Any prayer may be said, according to personal devotion, but the Our Father and Hail Mary are suggested.
6. **The Indulgence can be applied *either to oneself or to the souls of the deceased***, but they cannot be applied to other persons living on earth.
7. **A Plenary Indulgence can be gained only once per day. Though, a second can be obtained if it is applied to the souls in purgatory.**

Conditions for the Reception of Jubilee Year Indulgences

Part of the deep logic of the Jubilee Year Indulgence is the opening of the heart to the Lord to receive His Gifts. The Church has designated certain elements as necessary for this opening of the heart. In order to obtain any of the plenary indulgences for the Jubilee Year, the following conditions must be fulfilled:

1. **Detachment from all sin, even venial.**
2. **Sacramental confession, holy Communion, and prayer for the intentions of the pope.**

These three conditions can be fulfilled a few days before or after performing the works to gain the indulgence, but it is appropriate that the reception of Holy Communion and the prayer take place on the same day that the work is completed.

A single sacramental confession within 20 days is sufficient for several plenary indulgences, but frequent sacramental confession is encouraged in order to obtain the grace of deeper conversion and purity of heart.

For each plenary indulgence that is sought, however, a separate holy Communion and a separate prayer for the intentions of the Holy Father are required.

The prayer for the intentions of the Holy Father is left up to the choice of the individual, but an Our Father and Hail Mary are suggested. [[See here for more details](#)]

Questions Regarding Indulgences

Q. What is an indulgence?

A. An indulgence is closely linked to the sacrament of Penance. “An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven...” (*Catechism of the Catholic Church*, 1471).

Q. Why do we need indulgences?

A. To understand this doctrine and practice of the Church, it is necessary to understand that sin has a double consequence. Grave sin deprives us of communion with God and therefore makes us incapable of eternal life. This is “eternal punishment.” On the other hand every sin, including venial sin, is unhealthy, which must be purified either here on earth, or after death in the state called Purgatory. This purification frees one from what is called the “temporal punishment” due to sin. (*cf. Catechism of the Catholic Church*, 1472). The grace of God acting in our lives inspires us to pray, do penance, and do works of mercy and charity, (1473); indeed, we love because He first loved us (*cf. 1 John 4:19*).

Q. Why does the Church grant indulgences?

A. In the communion of saints, a “perennial link of charity” exists between the faithful who have already reached their heavenly home, those in purgatory, and those on earth. In this wonderful exchange, the holiness of one profits others (1475). We also call these spiritual goods of the communion of saints “the Church’s treasury.” This does not refer to material goods, but to a treasury of infinite value, which can never be exhausted -- Christ’s merits before God, offered so that the whole of mankind could be set free from sin and attain communion with the Father (1476). This treasury includes as well the prayers and good works of the Blessed Virgin Mary and the saints. They ... have followed in the footsteps of Christ the Lord and by his grace have made their lives holy and carried out the mission the Father entrusted to them. In this way they attained their own salvation and at the same time cooperated in saving others in the unity of the Mystical Body (1477).

An indulgence is obtained through the Church who, by virtue of the power of binding and loosing granted her by Christ Jesus [cf Mt 16:19], intervenes in favor of individual Christians and opens for them the treasury of the merits of Christ and the saints to obtain from the Father of mercies the remission of the temporal punishments due for their sins (1478).

Q. Are there different types of indulgences?

A. Yes, there are two types of indulgences, *partial* and *plenary*.

A Partial Indulgence

A *partial indulgence* removes some of the temporal punishment due to sin. It is granted in four general ways:

- 1) anytime we raise our minds in humble trust to God and make some pious invocation or prayer;
- 2) when, prompted by a spirit of faith, we devote ourselves or our goods in compassionate service to those in need; or
- 3) when, in a spirit of penitence, we voluntarily abstain from something which is licit for and pleasing to us.
- 4) when, in the particular circumstances of daily life, we voluntarily give explicit witness to our faith before others.

A partial indulgence can be gained multiple times a day.

A Plenary Indulgence

A *plenary indulgence* removes all of the temporal punishment due to sin. The Church has a list of prayers and actions which provide opportunities to gain a plenary indulgence (see *Manual of Indulgences: Norms and Grants*, USCCB 1999). During the seasons of Lent, the Sacred Paschal Triduum and Easter, the Church makes available even more opportunities.

A plenary indulgence can be acquired only once in the course of the day. The faithful, however, may obtain the plenary indulgence *at the hour of death*, even if they have already gained one on the same day.

Q. What must I do to receive an indulgence?

A. In order to be capable of gaining indulgences, a person must be baptized, not excommunicated, be truly repentant and in the state of grace at least at the completion of the prescribed works. To gain the indulgence, one must have at least the general intention of doing so, and must carry out the enjoined works at the stated time and in due fashion, according to the sense of the grant.

Q. What must I do to receive a plenary indulgence?

A. For a plenary indulgence, a member of the faithful must fulfill certain additional conditions:

- To be free of attachment to sin, including venial sins;
- Perform the indulgenced work;
- Sacramental Confession within 20 days;
- Eucharistic Communion;
- Prayer for the intention of the Holy Father;

Preferably, the reception of Holy Communion and prayer for the Holy Father's intentions will take place on the same day as the indulgenced work.

Q. May I obtain an indulgence for someone else?

A. Indulgences may be applied only to oneself or to a member of the faithful departed (Norms for Indulgences, 3).

The above is based upon the Apostolic Constitution *Indulgentiarum doctrina*, by Pope Paul VI as quoted in the *Catechism of the Catholic Church* nos. 1471 -1479