

JUBILEE YEAR INDULGENCE

A plenary indulgence is a grace granted by the Church which cleanses our soul and helps us to grow closer to God. When we sin, we not only damage our relationship with God, we create a need for healing and repair in our souls and in the world. Through Reconciliation God forgives our sins, but the effects of our sins may still need to be addressed. Indulgences are a beautiful practice combining prayer, good works and spiritual renewal, to help repair that damage. Indulgences can also be applied to souls in purgatory.

HOW CAN I OBTAIN THE INDULGENCE?

Making a Pilgrimage or Visit:

| | |
|-------------------------------|---|
| To Rome | The four Papal Basilicas and their Holy Doors |
| Elsewhere in the World | Jubilee Shrines in Italy and the Holy Land |
| Within our Diocese | <p>Arundel Cathedral, West Sussex BN18 9AY W: arundelcathedral.uk</p> <p>St Joseph's Guildford, Surrey, GU1 4AZ W: www.cpg.church</p> <p>Worth Abbey, West Sussex, RH10 4SB W: www.worthabbeyparish.co.uk</p> |

Performing Works of Mercy, Formation and Penance

| | |
|---|--|
| Extraordinary Works of Mercy | Visiting prisoners, the sick, lonely or elderly Helping those who are in need Giving a generous gift of your time or money |
| Diocesan or Parish Formation | Participating in spiritual exercises Formation activities on the documents of the Second Vatican Council or Catechism |
| Fasting from Futile Distractions | Abstaining for at least one day a week from social media, video games, apps or television |

What if I can't do those things due to sickness or other serious reasons?

United in spirit with the faithful taking part in person, one may recite the Our Father, Apostles Creed and Jubilee Prayer, offering their sufferings or hardships of their lives.

WHAT MUST I DO?

Be detached from all sin

Make a Sacramental Confession

Receive Holy Communion

Pray for the Pope's Intentions

These can be received a few days before or after

The Our Father and Profession of Faith are suggested for the Jubilee Year

Normally, only one plenary indulgence can be obtained per day. However, the faithful who have carried out an act of charity on behalf of the souls in purgatory, if they receive Holy Communion a second time that day, can obtain the plenary indulgence twice on the same day (applicable only to the deceased).

A single sacramental confession 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 CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON

www.abdiocese.org.uk

Registered Charity No 252878

The Diocese would like to thank the Archdiocese of Birmingham for permitting us to share the contents of this document with our faith communities.