



Special Plenary Indulgence for Jubilee Year 2025

During the Jubilee Year 2025 faithful ‘pilgrims of hope’ can obtain a special plenary indulgence** a priceless gift of divine mercy, and one of the special ‘signs’ of the Jubilee Year.

To obtain any plenary indulgence this year, you **must** fulfill three conditions:

*Receive the Sacrament of Confession 20 days before or after the indulgence is to be gained and be detached from all sin (including venial).

*Receive Holy Communion on the day that you perform the indulgence.

*Pray for the intentions of the Holy Father (an “Our Father” and a “Hail, Mary” are suggested)

Once you have fulfilled these conditions, here are the options for the Jubilee Year:

*Make a pious pilgrimage to any sacred Jubilee site (Cathedral, Marian Shrine, or other special church designated by the local bishop for obtaining the Jubilee Indulgence) and participate devoutly in Holy Mass.

* If Mass is not convenient, make the Stations of the Cross or pray the Rosary.

*The faithful can obtain the plenary indulgence at the designated site if, individually or in a group, they “for a suitable period of time, engage in Eucharistic adoration and meditation, concluding with the Lord’s Prayer, the Profession of Faith in any legitimate form as well as invocations to Mary, the Mother of God.”

*Perform an extraordinary work of mercy such as a generous gift to the poor, or visiting nursing homes or prisons.

*In a spirit of penance, fast at least one day a week from “futile distractions” such as social media, television, video games, certain phone apps.

*The Indulgence is a Jubilee grace, intended for the ‘pilgrims of hope’ but it can also be applied to the Holy Souls in Purgatory.

**A plenary indulgence is a particularly powerful way to obtain remission of punishment -- on earth or in purgatory – that would have resulted from sins that were already forgiven. It covers all sins, mortal or venial, that the recipient has committed up to that time, if the person sincerely repents, detests their sins and fulfills all requirements of the indulgence.