

# Plenary Indulgence

## Definition:

*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. (1983 Catechism ¶ 1471)*

The usual conditions to acquire a plenary indulgence are:

- detachment from sin; which is a true sorrow for, and repudiation of, all one's sin, mortal and venial;
- reception of Holy Communion on the day the indulgence is sought;
- prayer for the intention of the Holy Father on the day the indulgence is sought (one *Our Father* and one *Hail Mary* suffice, or any other suitable prayer);
- sacramental confession within twenty days of completion of the prescribed work.

If these conditions are not met, the indulgence will be partial.

Some examples of ways to gain a plenary indulgence on feast days:

- January 1, Octave Day of Christmas, publicly saying or singing the *Veni, Creator Spiritus*
- Every Friday in Lent, reciting the *Prayer Before a Crucifix* after Communion
- Low Sunday (Divine Mercy Sunday), taking part in the prayers and devotions held in honor of Divine Mercy, and in the presence of the Blessed Sacrament, reciting the *Our Father*, the *Creed*, and a devout prayer to the Merciful Lord Jesus (e.g., *Merciful Jesus, I trust in You!*)
- Pentecost Sunday, publicly saying or singing the *Veni, Creator Spiritus*
- Feast of the Sacred Heart of Jesus, saying the *Act of Reparation to the Sacred Heart of Jesus*
- August 2, Portiuncula Indulgence, visiting a church and reciting an *Our Father* and *Creed*
- Kingship of Our Lord Jesus Christ, publicly saying the *Act of Consecration of the Human Race to the Sacred Heart of Jesus*
- November 1-8, inclusive, visiting a cemetery and saying prayers, even if only mental, for the departed souls
- November 2, All Soul's Day, visiting a church and saying the *Our Father and the Creed*; applicable only to the Souls in Purgatory
- December 31, publicly saying or singing the *Te Deum* in thanksgiving

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Other examples of ways to gain a plenary indulgences:

- Visit to the Blessed Sacrament which lasts for half an hour
- Stations of the Cross
- Recitation of five decades of the Rosary while contemplating the mysteries
- Reading Scripture for one half hour

Confraternity of St. Peter indulgences:

- Feb. 22, Chair of St. Peter and anniversary of founding of CSP
- June 29, Feast of SS. Peter & Paul