

PRAY FOR THE SOULS IN NOVEMBER

These are what we can and should do to assist the souls in their purification

1. **Prayer:** the most excellent Prayer is a Mass. Also: Rosary, Stations of the Cross
2. **Self-sacrifice:** fasting from food, distractions such as social media, games ...
3. **Work of charity:** almsgiving, service hours, volunteering, visiting hospital, prison, nursing homes ...

Indulgences for the Souls

A partial indulgence, applicable only to the souls in purgatory, is granted to the faithful during the month of November, who

1. devoutly visit a cemetery or a Catholic Church, and mentally pray for the dead;
2. devoutly recite lauds or vespers from the *Office of the Dead* or the prayer *Eternal rest*

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed through the mercy of God rest in peace. Amen.

Conditions for a Plenary or partial Indulgence

1. Interior detachment of all sins, then go to Confession
2. Renewing one's love to God: participating Mass and receiving Holy Communion
3. Renewing one's fidelity to the Catholic Church, expressed through the Creed, and pray for the intentions of the Holy Father (one Our Father and one Hail Mary)

Notes:

- Confession and Mass do not have to be done on the same day of the visit: one has 10 days before and 10 days after to complete the requirements. One Confession is sufficient for several visits/prayer periods.
- Those who cannot physically visit a cemetery or a Church (legitimate reason such as poor health, imprisoned, ...) can still obtain Indulgences for the Souls by those acts of prayers and interior disposition.