



What is an Indulgence?

An indulgence is the remission of *temporal* punishment due to sin, which is won by the merits of Christ and dispensed through the treasury of grace, which is the Church. An indulgence is applied partially or fully for oneself or for another.

When a person celebrates the **Sacrament of Penance**, that person **obtains forgiveness for his sins**. This includes having contrition for one's sin, confessing those sins to a priest, receiving absolution, and promising to make satisfaction (through an assigned Penance). Although one's sin may be absolved and a person is free of eternal punishment, **some effects of sin still remain**. Those effects require additional satisfaction.

The Church teaches that all who die in God's grace & friendship but are still imperfectly purified- while assured of their eternal salvation - must undergo purification after death in order to achieve the holiness necessary to enter the joy of heaven. The Church calls this temporal punishment Purgatory. **A partial indulgence remits some of the temporal punishment** due to sin, whereas **a plenary indulgence remits all of the temporal punishment** due to sin.

An indulgence is a favor befitting the magnanimity and goodness of God who never ceases to pardon. We are not "owed" **Indulgences**, they are **gifts from the treasury of the Church for the benefit of the faithful**.

How Can I Obtain a Plenary Indulgence?

Although several pious actions (such as praying before the Blessed Sacrament for 30 minutes or reciting the Holy Rosary in a church) render one disposed to receive a plenary indulgence during any time, there are several more opportunities to benefit from a plenary indulgence during this Jubilee Year.

In order to obtain a plenary indulgence, one must perform some "indulged action," such as a pious visit, pilgrimage, or work of mercy as determined by the Church (these actions are listed below), and also fulfill the following conditions:

1. Receive Holy Communion
2. Receive the Sacrament of Penance before receiving Holy Communion (within 8 days), or after receiving Holy Communion (if one does not labor under mortal sin-again within 8 days)
3. Pray for the intentions of the Holy Father (by saying an Our Father, Hail Mary, and Glory Be; though any simple prayer suffices)
4. Be properly disposed through detachment from all sin, both mortal and venial