



Archdiocese of St Andrews & Edinburgh

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?

Make 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 Archdiocese	St Mary's Cathedral, Broughton Street, Edinburgh, EH1 3JR Visit: www.stmaryscathedral.co.uk Schoenstatt Scotland, Kentenich Way, Campsie Glen, G66 7AT Visit: www.schoenstatt.co.uk

Performing Works of Mercy, Formation and Penance

Performing 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
Archdiocesan 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 (this must take place within a Eucharistic celebration), 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 plenary indulgence may be obtained at St Mary's Cathedral (*main pic*) or at the Schoenstatt Retreat Centre (*above*).



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www.archedinburgh.org.uk

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