

ERASE IT AND START OVER

(HOW INDULGENCES WORK
IN THE CATHOLIC CHURCH)

The Jubilee is a special event that the Catholic Church celebrates every 25 years. It is a time for the faithful to renew their faith, seek God's forgiveness and carry out works of mercy.

WHAT IS A PLENARY INDULGENCE?

A plenary indulgence is a way of spiritually starting fresh, with a clean slate. When we sin, even when we've been forgiven, certain consequences remain. Plenary indulgences remove those consequences, helping us to be at peace with God.

HOW CAN YOU OBTAIN THE INDULGENCE?

Here are the key steps:

1. PILGRIMAGE

Visit a designated Jubilee sanctuary or cathedral, attend Mass, pray the Rosary, or participate in the Stations of the Cross.

2. CONFESSION + COMMUNION

Before or after your pilgrimage, confess your sins and receive the Eucharist.

3. PRAY FOR THE POPE'S INTENTIONS

Pray for the Pope's intentions: Offer prayers for global causes such as peace and unity.

4. COMPLETELY REJECT SIN

Completely reject sin, with a sincere attitude of repentance and a commitment to avoiding it in the future.

OTHER WAYS TO OBTAIN AN INDULGENCE

- Works of mercy: helping those in need, such as visiting the sick, feeding the hungry or comforting someone who is sad.
- Participating in spiritual activities: attending retreats, missions or studying important texts of the Church.
- Personal sacrifices: giving up something you enjoy, such as spending less time on social media, and devoting that time or resources to helping others.

FOR THOSE WHO CAN'T TRAVEL FOR A PILGRIMAGE

- If someone is sick or homebound, they can spiritually join the Jubilee by offering their difficulties to God, going to confession, receiving Communion and praying for the Pope's intentions.
- The Jubilee in 2025 is an opportunity to draw closer to God, renew hope and show love for others through concrete actions.