



## YEAR OF ST. JOSEPH PLENARY INDULGENCES 2021

**STEP 1:** Fulfill the conditions of the indulgence which include the following:

1. Go to Confession within 20 days before or after
2. Receive Holy Communion
3. Pray for the Pope's intentions (ex. An Our Father and Hail Mary)

*Note: one sacramental Confession suffices for several plenary indulgence, but a separate Holy Communion and a separate prayer for the Holy Father's intentions are required for each plenary indulgence.*

**STEP 2:** Choose one indulgences act from the list below:

- **Meditate** on the Lord's Prayer for at least 30 minutes
- **Participate** in a 1-day Spiritual Retreat that includes a meditation on St. Joseph
- **Perform** a Spiritual or Corporal Work of Mercy
- **Recite** the Holy Rosary with your family, spouse, or fiance
- **Entrust** your daily activity to the protection of St. Joseph and invoking the intercession of St. Joseph for those who are looking for work to find it and that everyone's work may be more dignified.
- **Recite** the Litany to St. Joseph or the Akathistos to St. Joseph for the persecuted Church and for the relief of all Christians suffering all forms of persecution.
- **Recite** any approved prayer or act of piety in honor of St. Joseph, especially on these special dates:
  - March 19 (St. Joseph's Day)
  - May 1 (the Feast of St. Joseph the Worker)
  - On the 19th of each month
  - Every Wednesday (a day traditionally dedicated to St. Joseph)
  - St. Joseph's Sunday (a Byzantine Catholic feast day...it's during Christmas season 2021)

**One** plenary indulgence can be gained **per day**.

Indulgences can be gained for **yourself** or for the **souls in purgatory**,  
but not for other persons still living on earth.

For more resources on St. Joseph, Works of Mercy, and more, visit  
[www.holyheroes.com!](http://www.holyheroes.com!)