



## Special Plenary Indulgences During Holy Week

### Holy Thursday

1. Adore the Blessed Sacrament, which has been solemnly reserved after the Mass of the Lord's Supper, for 30 minutes.
2. Recite or sing the Eucharistic hymn *Tantum Ergo* during the solemn reservation of the Blessed Sacrament. Listen to this beautifully chanted audio at <https://blog.holyheroes.com/special-plenary-indulgences-during-holy-week>.

### Good Friday

1. Participate in the Veneration of the Cross in the solemn celebration of the Lord's Passion (the Veneration of the Cross is part of the liturgy celebrated on Good Friday when you process one by one and kiss the cross).
2. Pray the Stations of the Cross devotion. Go to [HolyHeroes.com/Stations](https://www.holyheroes.com/Stations) for prayer aids for all ages!

### Holy Saturday

1. Pray 5 decades of the Holy Rosary with two or more people.
2. Attend the celebration of the Easter Vigil at night and renew your baptismal promises, which is part of the liturgy of that Mass. Go to [HolyHeroes.com/Rosary](https://www.holyheroes.com/Rosary) for prayer aids for all ages!

### Here's what you need to do for an INDULGENCE:

1. You can get only ONE Plenary Indulgence per day.
2. You must be in a state of grace (not have any unconfessed mortal sins on your soul), and the following three conditions must accompany the act needed to gain the indulgence:
  1. You must receive the Sacrament of Confession 20 days before or after the indulgence is to be gained.  
***A single sacramental confession is sufficient for several plenary indulgences.***
  2. You must receive Holy Communion on the day that you perform the indulgenced act.  
***A separate Holy Communion is required for each indulgence.***
  3. You must recite prayers for the intentions of the Holy Father. The prayers you choose to pray are up to you. However, an "Our Father" and a "Hail, Mary" are suggested.  
***Separate prayers for the intentions of the Holy Father are required for each indulgence.***

***Remember: You can get a plenary indulgence for yourself –OR– for the deceased, but NOT for any other person still alive on earth.***

Scan the QR code to find more resources  
to fulfill these Holy Week indulgences





## Jubilee Year Plenary Indulgences

In the Jubilee Year, special indulgences can be obtained every day from Christmas Eve 2024 - Epiphany 2026 (Dec 24, 2024 - Jan 6, 2026).

**Most notable is that TWO plenary indulgences can be obtained each day instead of the usual one per day as follows:**

"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" can obtain the second plenary indulgence "applicable only to the deceased." This second Communion also must be received at Holy Mass (Decree on the Granting of the Indulgence, 13 May 2024, III).

**Once you have fulfilled the conditions for obtaining an indulgence, here are the options for the Jubilee Year:**

1. Make a Pilgrimage to Rome and pray for the Pope's intentions in any one of the Four Major Papal Basilicas or any of the special Jubilee churches listed by the Apostolic penitentiary in Rome <https://www.iubilaum2025.va/en/pellegrinaggio/le-chiese-giubilari.html>.

2. Make a pilgrimage to one of the following churches in Italy or the Holy Land:

Churches in Italy	Churches in the Holy Land
Basilica of St. Francis of Assisi	Basilica of the Holy Sepulcher in Jerusalem
Basilica of Our Lady of the Angels in Assisi	Basilica of the Nativity in Bethlehem
Basilica of Our Lady of Loreto	Basilica of the Annunciation in Nazareth
Basilica of Our Lady of Pompeii	
Basilica of St. Anthony in Padua	

3. Make a pious visit to other sacred places designated by the Vatican or diocesan bishop. While there, engage in Eucharistic adoration or meditation, concluding with the Our Father, a Profession of Faith, and invocations to Mary, the Mother of God. You may find these designated places <https://www.iubilaum2025.va/en/pellegrinaggio/le-chiese-giubilari.html> or for the USA <https://www.usccb.org/jubilee2025/pilgrimage-sites-us>. **NOTE:** Those unable to participate in pilgrimages and pious visits for serious reasons (eg those in cloisters or prisoners, the sick, the elderly, or those whose work for the sick prevents them) can obtain the indulgence by uniting themselves in spirit with the faithful taking part in person and reciting the Our Father, a Profession of Faith and other prayers for the objectives of the Jubilee Year, and offering up their sufferings and hardships to the Lord.

4. Participate in diocesan or parish sponsored spiritual exercises, missions, or formation activities based on the documents of the Second Vatican Council or the Catechism of the Catholic Church.

5. Fast and perform other acts of penance "in a concrete and generous way," such as:

- Fasting at least one day of the week from futile distractions (real but also virtual distractions, for example, the use of the media and/or social networks)
- Fasting from superfluous consumption or practicing abstinence according to the general norms of the Church
- Donating a generous sum of money to the poor
- Supporting works of a religious or social nature, especially in support of the defense of life in all its phases

**For more information on Jubilee Plenary Indulgences scan the QR code**

or go to [ncregister.com/cna/how-to-obtain-a-plenary-indulgence-during-the-2025-jubilee](https://ncregister.com/cna/how-to-obtain-a-plenary-indulgence-during-the-2025-jubilee)

