



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

