

FROM THE OFFICE OF THE

APOSTOLIC PENITENTIARY

INDULGENCES FOR



JUBILEE YEAR 2025

*A plenary indulgence is a grace granted by the Catholic Church through the merits of Jesus Christ to remove the temporal punishment due to sin.*

*The indulgence applies to sins already forgiven. A plenary indulgence cleanses the soul as if the person had just been baptized. Plenary indulgences obtained during the Jubilee Year can also be applied to souls in purgatory with the possibility of obtaining two plenary indulgences for the deceased in one day.*

*To obtain an indulgence, the usual conditions of detachment from all sin, sacramental confession, holy Communion, and prayer for the intentions of the pope must be met. (Usually, an Our Father, Hail Mary, and Glory Be).*

- I. Make a pilgrimage to Rome and pray for the Pope's intentions in any one of the Four Major Papal Basilicas (St. Peter's Basilica, the Archbasilica of St. John Lateran, St. Mary Major, or St. Paul Outside the Walls) or any of the special Jubilee churches listed by the Apostolic penitentiary in Rome.
- II. Make a pilgrimage to one of the following churches in Italy: Basilica of St. Francis of Assisi, Basilica of Our Lady of the Angels in Assisi, Basilica of Our Lady of Loreto, Basilica of Our Lady of Pompeii, Basilica in St. Anthony in Padua, OR in the Holy Land: Basilica of the Holy Sepulcher in Jerusalem, Basilica of the Nativity in Bethlehem, Basilica of the Annunciation in Nazareth.
- III. Perform an extraordinary work of mercy such as a generous gift to the poor, or visiting nursing homes or prisons.
- IV. 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.
- V. Visit any local Cathedral, Marian Shrine, or other special church designated by the local bishop for obtaining the Jubilee Indulgence.
- VI. Fasting at least one day a week from "futile distractions" such as social media, television, video games, certain phone apps.