

## Indulgences for Jubilee Year 2025

Bishop Gruss has designated Pilgrimage Churches throughout the Diocese of Saginaw for the Jubilee Year of Hope which may be visited by many who wish to receive the Plenary Indulgence. The location of these churches are where he will offer a Holy Hour for Vocations each month and are listed on the other side of this handout.

### What is a Plenary Indulgence?

An indulgence is the remission in the eyes of God of the temporal punishment due to sins, the guilt of which has been absolved through the Sacrament of Penance. The Christian faithful who are rightly disposed and fulfill the requirements gain this remission through the effective assistance of the Church.

A “Plenary Indulgence” frees a person from all of the temporal punishment due to sins (the necessary purification from sins “either here on earth, or after death in the state called ‘Purgatory’ (Catechism of the Catholic Church, no. 1472) and may be gained only once on any one day.

### How Can I Obtain a Plenary Indulgence During the Jubilee Year of Hope?

By receiving Holy Communion, celebrating the Sacrament of Penance, making a profession of faith (reciting the Creed), praying for the Holy Father, Pope Francis, and for the intentions that he bears in his heart for the good of the Church and for the entire world, and doing any one of the following:



Sacrament of Penance  
times & locations

- † Visiting a Pilgrimage Church (see listing) while having the intention to obtain the indulgence
- † Performing one of the Spiritual or Corporal Works of Mercy (see listing)
- † Act of penance
- † Praying for the Beloved Dead (at Mass that they be freed from sin and be embraced by God in eternal life)
- † The sick and people who are elderly and alone may obtain the indulgence by receiving Holy Communion or attending Mass or community prayer (including participation through TV, the Internet or radio)
- † Those who are incarcerated may visit the Chapel in prison
- † Participate in diocesan or parish sponsored Jubilee Year events
- † Visit the Cathedral or other special church designated by the local bishop for obtaining the Jubilee Indulgence.
- † Fasting at least one day a week from “futile distractions” such as social media, television, video games, certain phone app.

#### Corporal Works of Mercy

Feed the hungry  
Give drink to the thirsty  
Shelter the homeless  
Clothe the naked  
Visit the sick  
Visit the prisoners  
Bury the dead  
Give alms to the poor

#### Spiritual Works of Mercy

Counsel the doubtful  
Instruct the ignorant  
Admonish the sinner  
Comfort the sorrowful  
Forgive injuries  
Bear wrongs patiently  
Pray for the living and the dead

