



INDULGENCES

Part 2

Gaining Them



HOLINESS

Actual Indulgences

INDULGENCES



- Preparation for Sacramental Confession:
 - A pious Examination of Conscience
 - with purpose of amendment,
 - followed by a devout recitation of an Act of Contrition
 - Partial Indulgence

INDULGENCES

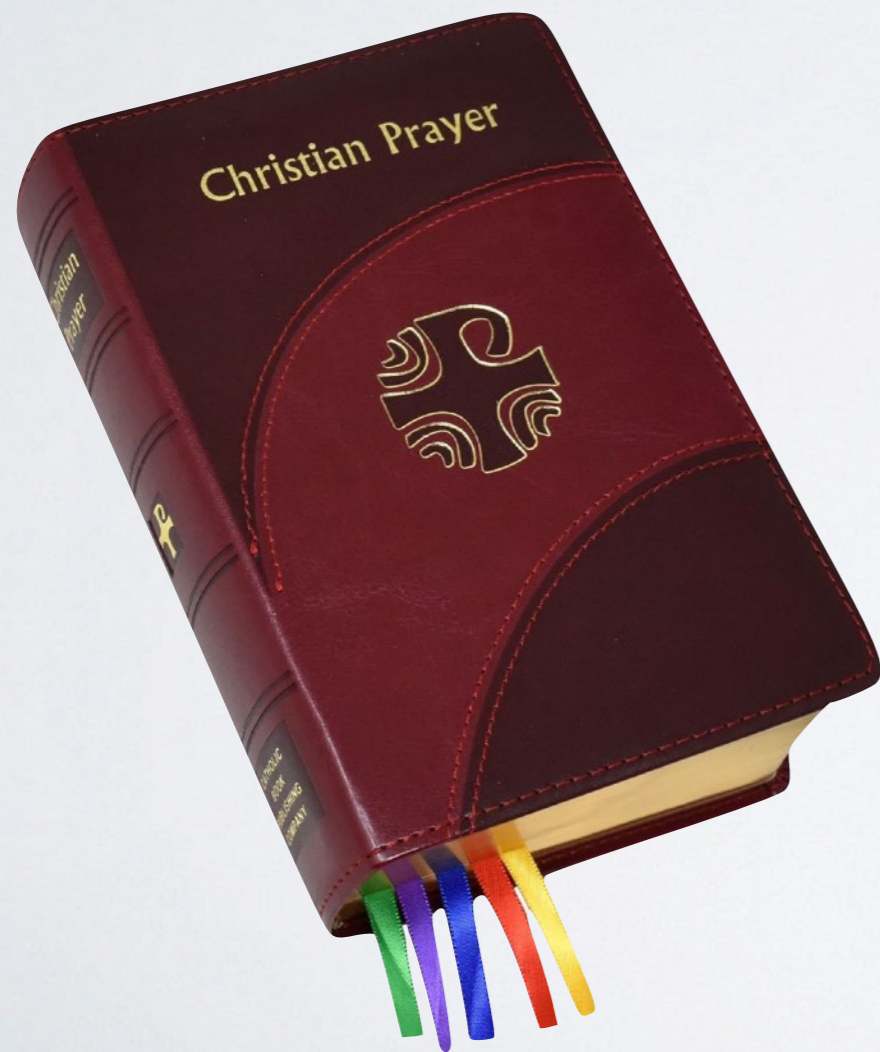
- Magnificat - Mary's Prayer of Thanksgiving - **Partial** Indulgence.
 - My soul proclaims the greatness of the Lord, my spirit rejoices in God my savior, for He has looked with favor on his lowly servant. From now on all generations ... **(Lk 1:46-55)**
- Any **Prayer of Thanksgiving** - **Partial** Indulgence.
 - “We give you thanks for all your gifts, almighty God, living and reigning now and forever.”
 - “Bless us Oh Lord, for these thy gifts which we are about to receive, from ...”

INDULGENCES



- **FIRST Holy Communion - Plenary** Indulgence is granted to those who **receive** Communion for the first time **or** to those who **ASSIST** at the sacred ceremonies of a First Communion.
- A **Spiritual Communion - Partial** Indulgence if in a state of Grace based on desire to receive.
 - impediment need not exist

INDULGENCES



- **Apostles' or Nicene Creed** - when recited by itself, or when recited as part of a Rosary or even when recited as part of the Mass.
 - **Partial** Indulgence
- **Office of the Dead - LOH -**
Partial Indulgence



BEFORE A CRUCIFIX AT MASS

- "Look down upon me, good and gentle Jesus, while before your face I humbly kneel, and with burning soul pray and beseech you to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a firm purpose of amendment, while I contemplate with great love and tender pity your five wounds, pondering over them within me, calling to mind the words which David, your prophet, said of you, my good Jesus: "They have pierced my hands and my feet; they have numbered all my bones."
- Plenary on a **Friday in Lent**, prayed after Communion before a crucifix. **On any other day** - **Partial** Indulgence

INDULGENCES

- Assistance at Sacred Preaching.
 - Plenary Indulgence is granted to those who attend a Mission, hear some of the sermons and are present for the solemn close of the Mission.
 - A partial indulgence is granted to those who assist with devotion and attention at other occasions of the preaching of the Word of God. (at a conference, for instance)

ADORATION

ADORATION of the BLESSED SACRAMENT



Plenary if done for over a half hour, and a Partial Indulgence if done for a lesser time accompanied by prayer, or if done without the three constants.

Plenary if done Holy Thursday after Mass during the repose of the Blessed Sacrament - while piously reciting Tantum Ergo

Plenary if participate in procession in or out of church on the Feast of Corpus Christi.

TANTUM ERGO

from USCCB.org by St Thomas Aquinas in 1264 AD

Down in adoration falling,
Lo! the sacred Host we hail;

Lo! o'er ancient forms departing,
Newer rites of grace prevail;

Faith for all defects supplying,
Where the feeble senses fail ...

HOLY SPIRIT



- **Holy Spirit Prayer** - **Partial Indulgence**
- "Come, Holy Spirit"
 - Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you will renew the face of the earth.
- Recommended before reading Holy Scripture.

HOLY SPIRIT



- **Holy Spirit Prayer** - **Plenary** Indulgence on feast of Pentecost - Partial at other times.
- **Come, Holy Spirit - Creator Blest** verses or song
 - *Common Liturgical text follows next page*

HOLY SPIRIT

Come, Holy Spirit, Creator blest,
and in our souls take up Thy rest;
come with Thy grace and heavenly aid
to fill the hearts which Thou hast made.
O comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
and sweet anointing from above. . . .

GUARDIAN ANGEL

- **Prayer to Guardian Angel:**
Angel sent by God to guide me, be my light and walk beside me; be my guardian and protect me; on the paths of life direct me. — **Partial** Indulgence
- **Padre Pio's prayer to his Guardian Angel**
just a nice prayer FIRST Concession
— Angel of God, my guardian to whom the goodness of the Heavenly Father entrusts me, enlighten, protect, and guide me now and forever.



ANIMA CHRISTI

Anima Christi - Partial Indulgence

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me. Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me.

Never permit me to be separated from You. From the evil one, defend me.

At the hour of my death, call me and bid me come to you.

That I may praise you with your saints forever and ever.

Amen



THE ANGELUS

The Angelus - Partial Indulgence

- V. The Angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.
Hail Mary, etc...
- V. Behold the handmaid of the Lord.
R. Be it done unto me according to Your Word.
Hail Mary, etc...
- V. And the Word was made flesh,
R. And dwelt among us.
Hail Mary, etc.. *(continued next page)*



THE ANGELUS

- V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.
- Let us pray:
- Pour forth, we beseech You, O Lord, Thy Grace into our hearts; that we to whom the incarnation of Christ, thy Son was made known by the message of an angel, may by His passion and cross be brought to the glory of His Resurrection, through the same Christ, our Lord. Amen.

VISITS TO HOLY SITES

- Plenary Indulgence for visiting any of the Four Basilicas in Rome

- once a year on the day chosen by the individual

- on the Basilica's titular feast

- on any Sunday or day of Obligation



INDULGENCES



- Papal Blessing to Rome and World (*Urbi et Orbi*)
 - Plenary Indulgence (Easter, Christmas, 1st Appearance)
 - when received in person
 - ALSO, by means of live radio, television, internet

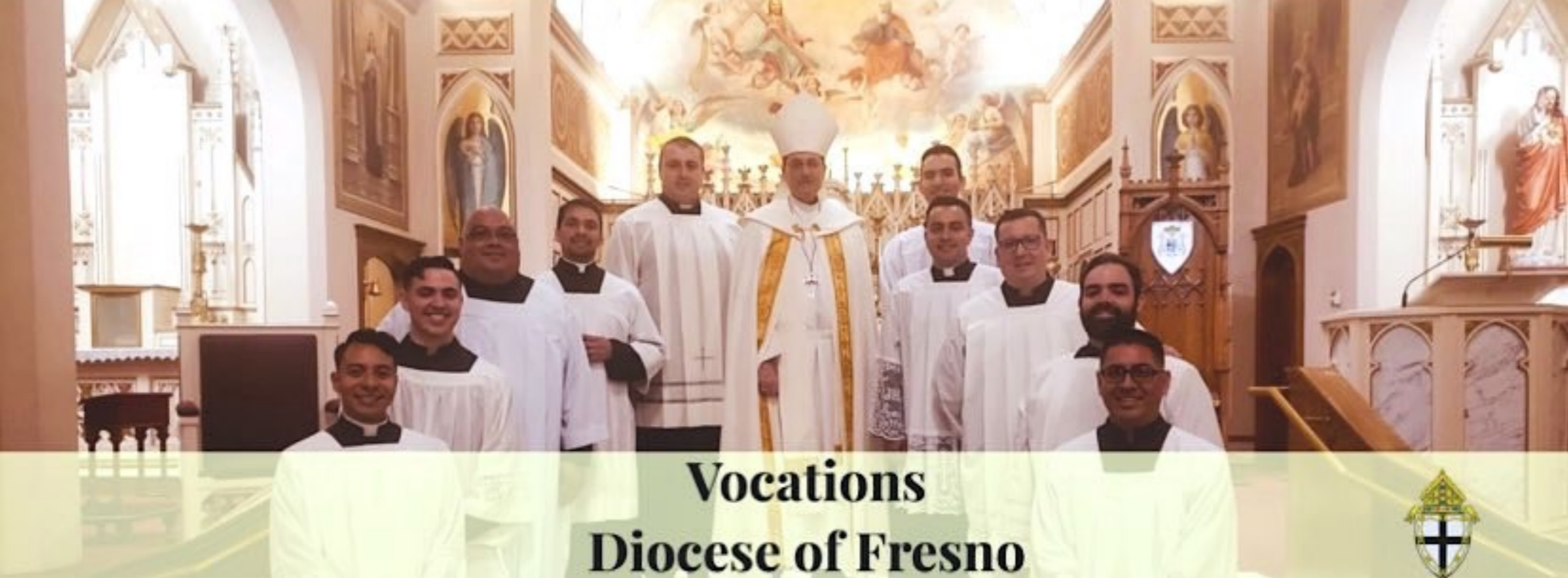
INDULGENCES

Holy Family
Sunday in the Octave
Christmas

St Mary's
Sept 8

- Visit **PAROCHIAL CHURCH** or the **CATHEDRAL** of the Diocese
 - on its titular feast, or August 2,
 - and pray an Our Father and Creed.
 - Plenary Indulgence

St Charles
November 4



Vocations Diocese of Fresno



- **Prayer for Priest or Religious Vocations.**
 - **Partial indulgence** is granted to those who recite a prayer approved by ecclesiastical Authority for the above intention.
 - This includes the **Prayers of the Faithful** at Mass recited at Mass after the Nicene Creed.

Pray for Vocations



©LPI



- First Mass of a newly ordained priest - Plenary Indulgence
 - for the priest,
 - and to the faithful who attend.

INDULGENCES

- Recitation of Ps 130 - Partial Indulgence

Out of the depths I cry to you, O Lord! O Lord, hear my voice! ...

If you, O Lord, should mark iniquities, O Lord, who could stand? But with you there is forgiveness, that you may be feared.

I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord

... For with the Lord there is steadfast love, and with him is plentiful redemption. And he will redeem Israel from all his iniquities.

INDULGENCES

- **TEACHING** or **STUDYING** Christian Doctrine
- for a person who **teaches**, prompted by a spirit of faith and charity.
- Also extends to the persons who **study** it.

TODAY

- Partial Indulgence



INDULGENCES

- **Prayer for the Household**
Hear us Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house, Amen.
Partial Indulgence

CHRIST THE KING

DEDICATION OF THE HUMAN RACE TO JESUS CHRIST THE KING

- a **Plenary Indulgence** is granted to those who recite the act of dedication on the **Solemnity of Christ the King** (last Sunday of Liturgical year). **Nov 26, 2023**
Partial at other times.
- ***IESU DULCISIME, REDEMPTOR*** Prayer available at www.catholic.org/prayers.

DYING



**Available even
if in a coma**

- At the approach of Death - Plenary if an **APOSTOLIC BLESSING** is imparted by priest with the *intent* to bestow the plenary indulgence.
- **Handbook of Indulgences, No. 28**
At the conclusion of the sacrament of penance or the penitential rite, *the priest should not neglect to give the apostolic blessing* to the dying.

DYING



THE APOSTOLIC PARDON (BLESSING)

(available even if a person then miraculously survives).

“Through the Holy Mysteries of our redemption, may Almighty God release you from all punishments in this life and the life to come. May he open to you the gates of paradise and welcome you to everlasting joy.”

“By the authority which the Apostolic See has given me, I grant you a full pardon and the remission all your sins in the name of the Father, and of the Son, and of the Holy Spirit.”

DYING



- If priest cannot be present, plenary is still available *if the person is rightly disposed*, “provided they regularly prayed in some way during their lifetime.”
- Mother Church nevertheless grants such person a plenary indulgence *in articulo mortis*, if the person is in a *state of grace*. (Handbook of Indulgences #28). The use of a crucifix or a cross is recommended in obtaining this **Plenary indulgence**. In such a case the three usual conditions required in order to gain a plenary indulgence are substituted by the condition of ‘prior regular prayer.’




INDULGENCES

- **Visiting a cemetery** - visit and pray. Applicable to the Soul in Purgatory.
 - **Plenary on November 1 thru Nov 8**, and can be gained on each of these days.
 - **Partial** Indulgence at other times
 - **Also for visiting a catacomb of Early Christians** - a **Partial** Indulgence
- Again, the **Office of the Dead** - LOH - confers a **Partial** Indulgence

INDULGENCES

- **Prayer for the Dead - Partial Indulgence for the Souls in Purgatory**
 - “Eternal Rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen”
- A **Plenary indulgence**, applicable ONLY to the souls in purgatory, may be obtained by those who, on **All Souls Day (November 2)** piously visit a church or public oratory and recite the Our Father and Creed. *If the bishop moves the celebration to a near Sunday, it is still attainable on the Sunday.*

INDULGENCES

- **LITANIES** - **Partial** Indulgence for the following litanies that are approved for an indulgence:
 - Holy Name of Jesus,
 - Sacred  Heart of Jesus,
 - Precious  Blood of Jesus,
 - Blessed  Virgin Mary,
 - St Joseph, and
 - The Litany of the Saints

INDULGENCES

- Psalm 51 - **Partial Indulgence** when recited with a spirit of penitence - Friday LOH

- *“Lord open my Lips, and my mouth shall proclaim your praise.”*



INDULGENCES

- **RETREATS -**
Plenary
Indulgence
- if spend three
full days of
spiritual
exercises.



**SPIRITUAL
RETREAT**

INDULGENCES

- **VENERATION** of the Saints.
 - **Partial** indulgence granted to those who on the **feast of any Saint**
 - recite in the saint's honor **the oration of the Missal** or **any other approved** by legitimate Authority.



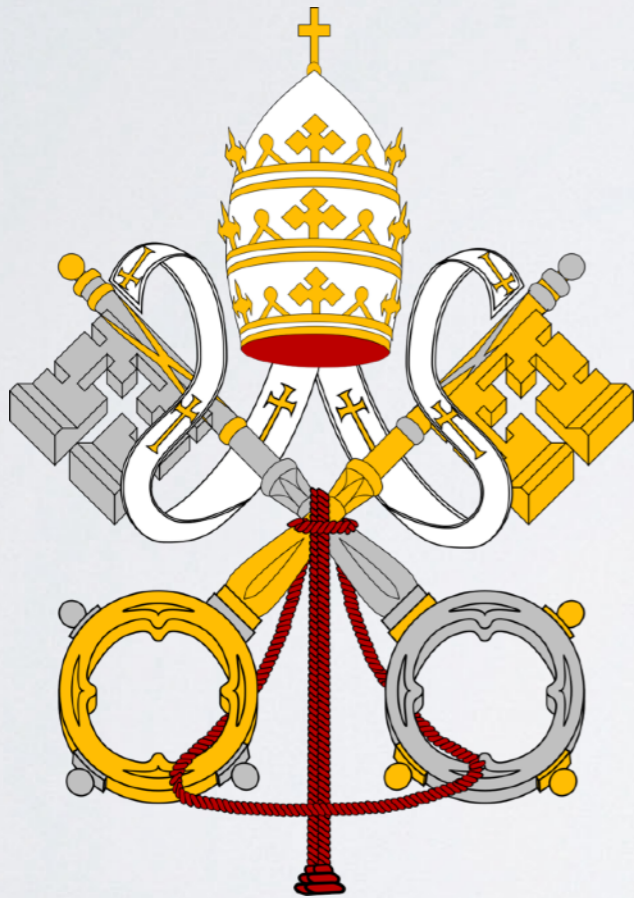
Family Album

SACRAMENTALS



- **Devotional Articles - Partial Indulgence** for proper and devout use of a **crucifix, cross, rosary, scapular, or a medal,**
- *that has been blessed by any priest or deacon.*

SACRAMENTALS



- - **June 29 - Plenary** Indulgence - on the Solemnity of the Holy Apostles Peter and Paul, when make a prayerful use of an article of devotion that has been blessed by the Pope, or by any bishop - Provided the faithful also makes a Profession of Faith using any legitimate formula, such as the Apostles Creed or Nicene Creed.

ROSARY

- **ROSARY** - Plenary when recited in a church or oratory or when recited in a family, religious community or pious association.
- *Announce Mysteries when seeking as above.*
- **Partial** Indulgence in all other circumstances
 - including when **NOT** completed due to interruption (Fall asleep)



INDULGENCES

- **Hail Holy Queen** - **Partial** Indulgence - part of Night Prayer
- **Memorare** - **Partial** Indulgence
 - Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

INDULGENCES

- READING OF HOLY SCRIPTURE
 - **Partial** Indulgence who read with the veneration due to God's word.
 - Plenary when read for at least a half-hour.



BAPTISMAL PROMISES

- RENEWAL OF BAPTISMAL PROMISES
 - A **Partial** indulgence is granted to those who renew their baptismal promises according to any formula in use;
 - but a **Plenary** Indulgence is granted if this is done in celebration of the **Paschal Vigil (Holy Saturday)** or on the anniversary of one's baptism.
 - Mine is Jan 23 - Do you know yours?

Do you reject Satan? I do.

And all his works? I do.

And all his empty promises? I do.

Do you believe in God, the Father Almighty, creator of heaven and earth? I do.

Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? I do.

Do you believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? I do.

God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May he also keep us faithful to our Lord Jesus Christ for ever and ever. Amen.

INDULGENCES

- **Sign of the Cross** - **Partial** Indulgence
 - make the sign of the cross, with the customary oral formula and pious devotion
- **Stations of the Cross** - **Plenary** if done in remembrance of Christ's sufferings.
 - Conditions: lawfully erected, fourteen stations and readings, movement between them unless impractical due to numbers of people - but *if physical impediment prevents the above can be obtained by proper reflection*

INVOCATIONS

Invocations are **Aids to piety** and **aids for obtaining an indulgence** because they focus the mind properly on God.

Lord God Almighty - My God - **Jesus** - I adore you - **Blessed be God** - Praised be **Jesus Christ** - **Forgive me, Lord** - Your will be done - **Help me, God** - Save me - **Hail Mary** - **Glory to God in the Highest** - **Blessed be the Holy Trinity** - My Lord and my God - **Glory to the Father, and to the Son ...** - **Jesus, Mary and Joseph** - You are the **Christ, the son of the living God** - **Jesus son of David** have mercy on me.

HOLY FATHER INTENTION



- The condition of requiring a prayer for the intentions of the Holy Father may be satisfied by reciting once an Our Father and a Hail Mary for his intentions.
- Nevertheless the faithful have the option of reciting any other prayer for the intention of the Holy Father suited to their own piety and devotion.



PERFECT PRAYERS
TO START YOUR DAY

MORNING OFFERING

O Jesus,

through the *Immaculate Heart of Mary*

I offer you my Prayers, Works, Joys and Sufferings of this day
for all the intentions of you *Sacred Heart*,

in union with the Sacrifice of the Mass throughout the world,
in reparation for my sins,

for my *intentions* and those of all my relatives and friends,

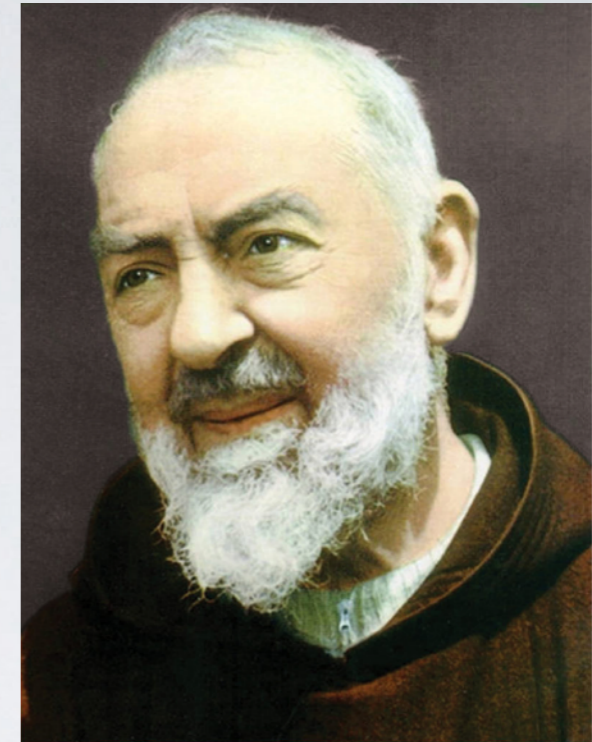
[for all the souls in **Purgatory**, especially those known to me
and those who have no one to pray for them,]

and for the *intentions* of the Holy Father

(add an Our Father and an Hail Mary for HF intentions)

MORNING CONTINUED

My past, O Lord, to your mercy,
my present to your love,
my future to your Providence.



Padre Pio prayers

Angel of God, my guardian to whom the goodness
of the Heavenly Father entrusts me,
enlighten, protect and guide me, now and forever.

DEVOTIONS

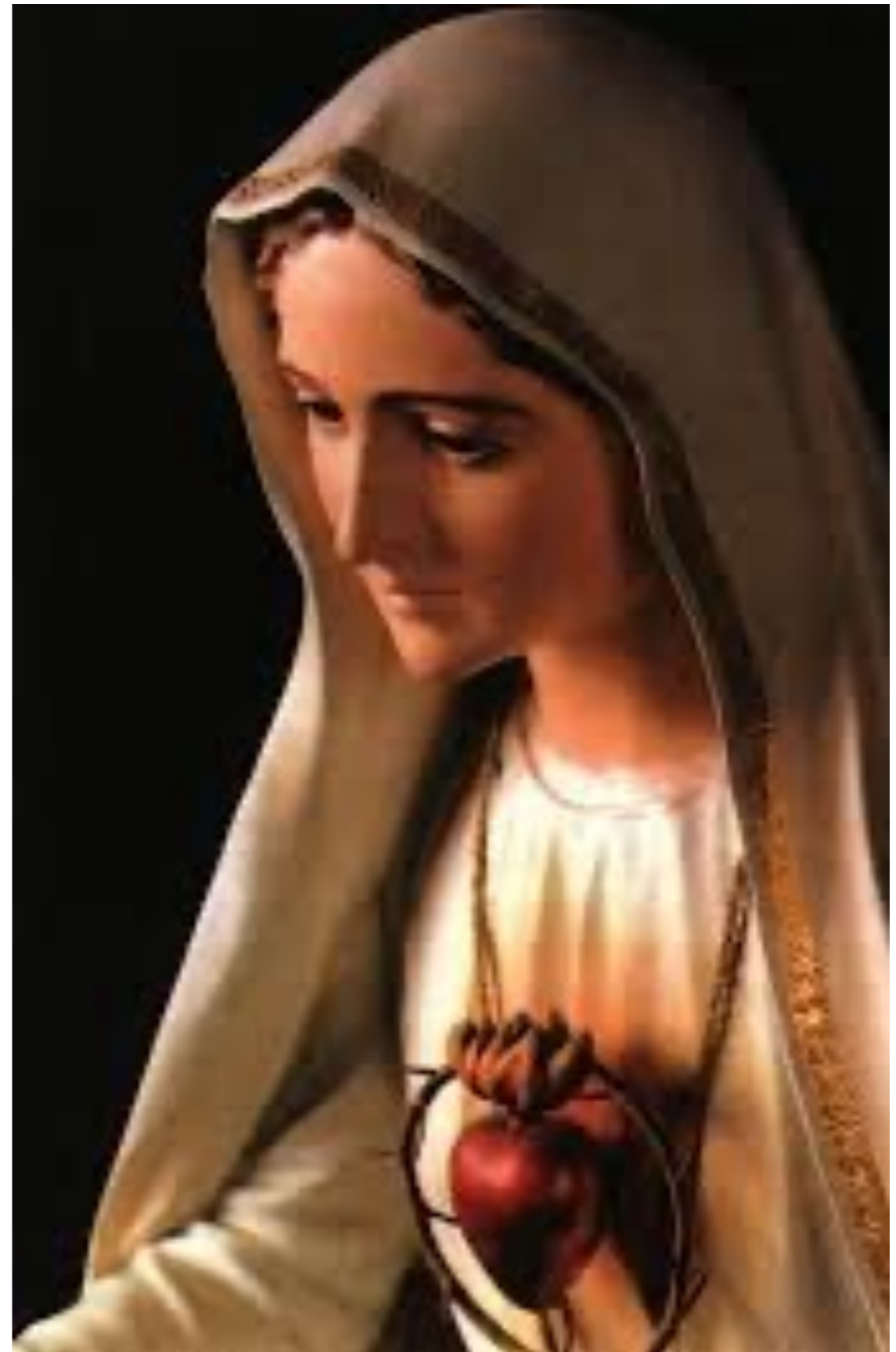
Private Revelations

even if
church approved and
encouraged

are an

**Aid to Piety and
Sanctification**

but they are not
INDULGENCES



MASS & SACRAMENTS

- No discussion on indulgences would be complete without associating their place - as they relate to the Mass and to the Sacraments



MASS & SACRAMENTS

- There is no doubt that a proper understanding of the **principal prayers and principal works related to indulgences**, not only make satisfaction (reparation) for forgiven sins, but they also **encourage greater zeal for the exercise of love towards God and neighbor.**
- The inevitable increase in love, is one of the fundamental principles upon which the concept of indulgences is based.
- **Purification Acts increase our disposition to Love, and greater love leads to Holiness.**

MASS & SACRAMENTS

- The increase in zeal for Love which aids personal holiness, comes also from act of Reparation. Repairing one's mistakes can also be an act of love toward the victim. Why love?
 - The sinner retained the freedom to leave the window broken. Sorrow for the sin was sufficient to be forgiven - even without repairing the damage caused by the sin.
- Recall that Forgiveness of guilt and Reparation for the damage caused are not the same thing.

MASS & SACRAMENTS

- In accordance with tradition, participation in the **Sacrifice of the Mass** or the **Sacraments** is not “*per se*” enriched as an indulgence for the participant.
 - **Why?**
 - Because of the surpassing value the Mass and Sacraments have, they are and remain the absolutely primary vehicle for becoming Holy.
 - *That which is greater is not enriched by the lesser.*

MASS & SACRAMENTS

- NOTE: when an indulgence is granted at MASS on certain special occasions such as first Holy Communion or the first Mass of a newly ordained priest, the indulgence is understood to be attached, NOT to the participation in the Eucharistic Liturgy,
 - but to the extraordinary EVENT *connected with the participation by the person at that liturgy*, because it is intended to promote participation at the event, and a pious devotion of the person to the occasion being celebrated by the liturgy.

MASS & SACRAMENTS



- At the Mass, my good works and sufferings are offered as an oblation in which the faithful themselves are offered in unity with Christ to our Heavenly Father.
- This **self-giving** to God is the essence of **Holiness**.
Rom 12:1-2

MASS & SACRAMENTS



- Further the **Sacraments**, are acts of God not our own. They are infinitely superior to our own acts
- No amount of my prayers and good works, for instance can make me, a creature, a child of God.
- A **Baptism**, where **God acts instead of me - to adopt** - is necessary to become His child.

MISSALETTES



- Have you paid attention to:
- the back of our **Mass MISSALETTES** and
- the back of the **BREAKING BREAD MUSIC** issue.

CONTRIBUTION

PRAYER BEFORE THE CRUCIFIX

Behold, O kind and gentle Jesus, I kneel before you and pray that you would impress upon my heart the virtues of faith, hope and charity, with true repentance for my sins and a firm purpose of amendment. At the same time, with sorrow I meditate on your five precious wounds, having in mind the words which David spoke in prophecy: "They have pierced my hands and my feet. I can count all my bones" (Psalm 22).



INDULGENCES

QUESTIONS ?