



The Catholic  
Archdiocese  
of Edmonton



## How to Receive a Jubilee Indulgence in the Archdiocese of Edmonton

*"Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." Matthew 18:18*

### What is an Indulgence?

"Indulgence" is one of those Catholic words that means something quite different from its common use. The Church is not encouraging us to treat ourselves to a particular pleasure, like chocolate or a spa day. Rather, the Church uses the authority given to Her by Jesus Christ to remove (plenary indulgence) or reduce (partial indulgence) the earthly punishment for sins that have already been forgiven. To do this, the Church draws on the "treasury of the Church," that is, the good works of Jesus Christ and the saints, to help others.

### Who receives the benefits of an Indulgence?

An indulgence can be applied either to oneself or to the souls of the deceased in Purgatory. It cannot be applied to other persons living on earth.

### What is the Jubilee Indulgence?

The Jubilee Indulgence is a plenary indulgence that removes *all* punishment for sins already forgiven. During this Holy Year, the Jubilee Indulgence is offered specifically for those who have gone before us, the souls in Purgatory, so that they may obtain full mercy.

### Where do I have to go to receive the Jubilee Indulgence in the Archdiocese of Edmonton?

There are four Jubilee Sites in the Archdiocese of Edmonton for pilgrimage or pious visits:

- St. Joseph's Basilica in Edmonton
- Lac Ste Anne Pilgrimage, July 20-25
- Skaro Shrine Pilgrimage, August 14-15
- St. Albert, Mary's Grotto Pilgrimage August 17

In addition, you can receive the Jubilee Indulgence by participating in the **Relic Tour of the Canadian Martyrs**, January 22 at Sacred Heart Church of the First Peoples and Corpus Christi Parish.

### What do I have to do to receive the Jubilee Indulgence?

To receive the Jubilee Indulgence, you must:

- 1) Be truly repentant and free from any attachment to sin; AND
- 2) Go to sacramental confession (typically within 20 days before or after); AND

- 3) Receive Holy Communion (again, typically within 20 days before or after); AND
- 4) Pray for the intentions of the Holy Father by reciting some prayers, typically the Creed, Our Father, and Marian prayer or invocation; AND
- 5) Go to the specified place with the sincere intention of gaining the indulgence before doing the particular work; AND
- 6) Do the specified work.

### **What “work” do I have to do to receive the Indulgence?**

At places of group pilgrimage, participate in at least one of:

- Mass
- Celebration of the Word
- Liturgy of the Hours
- Way of the Cross
- Rosary
- Recitation of the Akathist hymn
- Penitential service.

At St. Joseph’s Basilica, as an individual or in a group, and for a suitable time, engage in:

- Eucharistic adoration and meditation (this does not necessarily mean Exposition of the Blessed Sacrament, but simply a Jubilee site where the Eucharist is reserved in a tabernacle); AND
- Recite the Our Father, the Creed and a Marian prayer or invocation.

### **How will I know that I have received an Indulgence?**

There is no certificate or other document issued by the Church for an Indulgence, as it is a matter of *internal forum* or individual conscience. Assuming you are in a state of grace and have met all requirements (see above), the Indulgence is granted by the Church. *Note: A Plenary Indulgence can be gained only once a day.*