

Plenary Indulgences

A plenary indulgence is the full remission of the temporal punishment due to forgiven sin. It is granted by means of the keys of St. Peter and his successors, the popes.

This list is a convenient compilation of all the ways to obtain a plenary indulgence. Note that in addition to the **described work** (see list of indulgence works below), obtaining a plenary indulgence also has the following conditions (see Norms which are summarized below):

1. Sacramental confession. A single sacramental confession suffices for gaining several plenary indulgences; but Communion must be received and prayer for the intention of the Sovereign Pontiff must be recited for the gaining of each plenary indulgence.
2. Eucharistic Communion.
3. Prayer for the intention of the Sovereign Pontiff. The condition of praying for the intention of the Sovereign Pontiff is fully satisfied by reciting one Our Father and one Hail Mary; nevertheless, each one is free to recite any other prayer according to his piety and devotion.
4. It is further required that all attachment to sin, even venial sin, be absent. If the latter disposition is in any way less than perfect or if the prescribed three conditions are not fulfilled, the indulgence will be partial only, saving the provisions given in Norms 34 and 35.

List of Indulgence Works:

- Obtainable any time any place:

Reading of Sacred Scripture

Recitation of the Marian Rosary (Rosarii marialis recitatio)

Exercise of the Way of the Cross

Adoration of the Most Blessed Sacrament

- Obtainable on special occasions:

Papal Blessing - even by radio

Closing Mass of a Eucharistic Congress

During a Diocesan Synod

During a Pastoral Visitation

- Obtainable on special days:

1st January

Each Friday of Lent and Passiontide after communion

Holy Thursday

Good Friday

Paschal Vigil

Feast of Pentecost [26 May in 1996]

Feast of Corpus Christi - 2nd Thursday after Pentecost

Feast of the Most Sacred Heart of Jesus - 3rd Friday after Pentecost

Feast of the Holy Apostles Peter and Paul - 29 June

"Portiuncula" - 2 August

November 1-8

All Souls Day - November 2

Last Day of the Year

Visit to a Church or Oratory of Religious on the Feast of the Holy Founder

Titular Feast of the Parochial Church

Visit to a Church or an Altar on the day of its consecration

- Obtainable on special days at special places:

Visit to the Patriarchal Basilicas in Rome

Visit to the Stational Churches of Rome

(Or visit to Special Churches in Local Diocese Designated by the Bishop with the Permission of the Pope)

- Obtainable on special occasions in one's life:

First Communion

Attending a mission

Spiritual Exercises

First Mass of newly-ordained Priests

Jubilees of Sacerdotal Ordination

The Moment of Death