

# How to obtain a plenary indulgence

## A) What is a plenary indulgence?

Our Church teaches that the Sacrament of Confession forgives our mortal sins, but also that these sins still carry punishment in this life and in purgatory (Catechism 1471-1473). A plenary indulgence removes this punishment.

## B) How to obtain a plenary indulgence

1. Choose an activity listed below in section D
2. Review section C for other important information
3. Before starting this activity, internally in your mind declare the intention to complete this act for a plenary indulgence
4. Complete activity
5. Within 20 days before or after, you must complete a sacramental confession (can be used for multiple plenary indulgences)
6. Within 20 days before or after, you must receive Holy Communion (one required for each plenary indulgence)
7. Pray one Our Father and one Hail Mary for the Pope's intentions (one Our Father and one Hail Mary required for each plenary indulgence)

## C) Other important information

1. You must be baptized, not excommunicated, and in a state of grace when completing the activity
2. You must have no attachment to sin, even venial sin to get a plenary (full) indulgence. If attachment still exists, forgiveness will be partial (as determined by God, but still worth attempting)
3. Only one plenary indulgence can be gained per day
4. Plenary indulgences can also be offered for souls of the deceased – a plenary indulgence for a soul in purgatory releases them from purgatory to Heaven
5. For additional reading, please see **Manual of Indulgences** from the US Conference of Catholic Bishops (USCCB), ISBN-13 : 978-1574554748

## D) Some activities approved to make receive a plenary indulgence

1. Adoration of the Blessed Sacrament for at least 30 minutes
2. Completing the Stations of the Cross
3. Saying the Rosary in a Church/oratory, or in a family, or a gathering of the faithful for good purpose
4. Visiting a minor basilica on a day of your choosing (choosing is allowed only once per year)
5. Devout reading or listening of Sacred Scripture for at least 30 minutes