



HOLY YEAR 2025 PLENARY INDULGENCE

On May 13, 2024, the Apostolic Penitentiary issued a decree on the plenary indulgence which may be obtained during the upcoming Holy Year by making a pilgrimage, piously visiting a sacred place, or performing a work of mercy and penance. The indulgence is subject to the usual conditions – sacramental confession, reception of Holy Communion, prayer for the intentions of our Holy Father, and total detachment to all sin, including venial sin.

1. Pilgrimages

- An indulgence may be received by those who travel on pilgrimage to any sacred Jubilee site and participate in a Mass; a Liturgy of the Word; one of the major hours from the Liturgy of the Hours (that is, the Office of Readings, Morning Prayer, or Evening Prayer); devotional prayers such as the Way of the Cross, the Rosary, the Akathist hymn; or a penance service that ends with sacramental confession.
- Additionally, an indulgence may be obtained by a pilgrimage to one of the four Major Papal Basilicas in Rome; one of the three Basilicas in the Holy Land; the Diocesan Cathedral, or another church or sacred place that has been designated by the local Ordinary.

Location:

- The Cathedral of Saint Thomas More, Arlington

2. Pious Visits

- The indulgence may also be obtained by piously visiting a Jubilee site and participating in Eucharistic adoration and meditation for a suitable period of time, concluding with an Our Father, a Profession of Faith, and invocations to Mary.
- Additionally, an indulgence may be obtained by making a pious visit to any minor Basilica, Cathedral or co-Cathedral church, Marian shrine, or other churches or places of prayer designated by the Diocesan Bishop, Eparch, or Conference of Bishops.

- Those unable to take part in pilgrimages or pious visits for serious reasons, such as cloistered religious, the elderly, the sick and those who care for them, or the imprisoned, may obtain the indulgence by uniting themselves in spirit with those making pilgrimages or pious visits, reciting an Our Father, a Profession of Faith, and other prayers in harmony with the purpose of the Jubilee year, and offering up their sufferings and hardships to the Lord.

Locations:

- The Cathedral of Saint Thomas More, Arlington
- The Basilica of Saint Mary, Alexandria
- Corpus Christi, Aldie
- Our Lady of Hope, Potomac Falls
- Saint John Bosco, Woodstock
- Saint John the Evangelist, Warrenton
- Saint Patrick, Fredericksburg
- Saint Paul Mission, Hague

3. Works of Mercy and Penance

- The performance of works of mercy and penance provides the most diverse opportunities to obtain the Jubilee indulgence, including participation in popular missions, spiritual exercises, formational activities on the documents of Vatican II or the *Catechism of the Catholic Church*, or the performance of corporal or spiritual works of mercy.
- The Jubilee plenary indulgence can also be obtained through initiatives that put into practice, in a concrete and generous way, the spirit of penance:
 - In particular the penitential nature of Friday can be rediscovered through abstaining at least for one day of the week from futile distractions (real but also virtual distractions, for example, the use of the media and/or social networks);
 - From superfluous consumption (for example by fasting or practicing abstinence according to the general norms of the Church and the indications of the Bishops);
 - By donating a proportionate sum of money to the poor;

- By supporting works of a religious or social nature, especially in support of the defense and protection of life in all its phases, but also by supporting the quality of life of abandoned children, young people in difficulty, the needy or lonely elderly people, or migrants from various countries;
- It can also be obtained by dedicating a reasonable portion of one's free time to voluntary activities that are of service to the community or to other similar forms of personal commitment.
- Additionally, while a plenary indulgence may normally be obtained only once a day, during the Jubilee those faithful who carry out an act of charity on behalf of the souls in Purgatory and receive Holy Communion a second time in the context of Mass can receive a second plenary indulgence applicable only to the deceased.
- Diocesan Bishops, Eparchs, and those equivalent to them in law are permitted to give the Papal Blessing with its indulgence at the main Jubilee celebration in the Cathedral and Jubilee churches.

4. Special Faculties granted to Confessors

- In order that both the Sacrament of Reconciliation and the Jubilee indulgence may be received more widely, the Apostolic Penitentiary invites local Ordinaries to grant special faculties to priests who will hear confessions in Cathedrals or churches specially designated for the Jubilee Year.
 - These faculties concern absolution from undeclared *latae sententiae* censures not reserved to the Apostolic See (cf. *Code of Canon Law*, can. 508 § 1; *Code of Canons of the Eastern Churches*, can. 727 and 728 § 2). By mandate of the Holy Father and the decree of the Apostolic Penitentiary, those priests granted these faculties by legitimate authority may exercise them on Jubilee pilgrimages outside their diocese.