

### ***What is an Indulgence?***

“An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints.”

### ***What are the conditions to receive an indulgence?***

To gain indulgences, whether plenary or partial:

1. You must be in a state of grace when the indulgenced work is completed.
2. You must have the interior disposition of complete detachment from sin, even venial sin.
3. You must go to Confession within about 20 days (before or after the indulgenced act).
4. You must receive the Holy Eucharist within about 20 days (before or after the indulgenced act).
5. You must pray for the Pope's intentions (typically one “Our Father”, one “Hail Mary”, and one “Glory Be”).

### ***What else should I know?***

- A plenary indulgence can be gained only once a day.
- One sacramental Confession suffices for several plenary indulgences, but a separate Holy Communion and a separate prayer for the Holy Father's intentions are required for each plenary indulgence.
- Indulgences can always be applied either to oneself or to the souls of the deceased, but they cannot be applied to other persons living on earth.

## **THE YEAR OF ST. JOSEPH**

*December 8, 2020 – December 8, 2021*



### **OFFICIAL PRAYER OF THE YEAR OF ST. JOSEPH**

**To you, O blessed Joseph (Ad te, beate Ioseph)**

To you, O blessed Joseph, do we come in our afflictions, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.

*(Composed by Pope Leo XIII)*

### ***How can I receive the special indulgences granted by the Holy See for the Year of St. Joseph?***

In addition to fulfilling the conditions to receive an indulgence, you may participate in the Year of Saint Joseph on the occasions and in the manner indicated:

- Meditate for at least 30 minutes on the Our Father.
- Participate in a spiritual retreat of at least one day that includes a meditation on Saint Joseph.
- Perform a corporal or spiritual work of mercy.
- Recite the Holy Rosary in families and between the husband and wife.
- Entrust their work daily to the protection of Saint Joseph and to all believers who invoke with their prayers the intercession of the worker of Nazareth.
- Pray the litany of Saint Joseph (for the Latin tradition), or the Akathistos to Saint Joseph, in its entirety or at least part of it (for the Byzantine tradition), or some other prayer to Saint Joseph, typical of the other liturgical traditions, for the persecuted Church and for the relief of all persecuted Christians.
- Pray any lawfully approved prayer or act of piety in honor of Saint Joseph, for example “To you oh blessed Joseph,” especially on:
  - March 19th (Solemnity of St. Joseph)
  - May 1st (Feast of St. Joseph the Worker)
  - December 26th (Feast of the Holy Family)
  - The Sunday of Saint Joseph (according to the Byzantine tradition)
  - The 19th day of every month
  - Every Wednesday (a day dedicated to the memory of the Saint according to the Latin tradition)