



Jubilee Year of Hope – Plenary Indulgence information

A **plenary indulgence** is a grace granted by the Catholic Church through the merits of Jesus Christ to remove the temporal punishment due to sin (i.e. Purgatory). The indulgence applies to sins already forgiven. A plenary indulgence completely cleanses the soul, as if the person had just been baptized.

During the Jubilee Year *two* may be obtained per day. Only the first may be applied to oneself. If a second is obtained, it applies to souls in purgatory. Both may be applied to the deceased.

Conditions for the Indulgences

To obtain any plenary indulgence the following conditions must be fulfilled:

- Detachment from all sin, even venial. Attachment to sin obtains a partial indulgence.
- Sacramental confession, Holy Communion, and prayer for the intentions of the pope (an Our Father and Hail Mary are suggested). These three conditions can be fulfilled a few days before or after performing the works to gain the indulgence, but it is appropriate that Communion and the prayer take place on the same day that the work is completed.
- A single sacramental confession is sufficient for several plenary indulgences, but frequent sacramental confession is encouraged for the grace of deeper conversion and purity of heart.
- For each plenary indulgence that is sought, however, a separate Holy Communion and a separate prayer for the intentions of the Holy Father are required.
- Performance of a certain pious act, moved by a spirit of charity, that is designated for this Jubilee Year. **Any** of the following are sufficient:
 - 1) Make a pilgrimage to Rome, visiting at least one of the four major Papal Basilicas.
 - 2) Make a pilgrimage to the Holy Land, visiting at least one of the three Basilicas.
 - 3) Make a pilgrimage to any of the designated pilgrimage sites designated by Archbishop Lucas within the Archdiocese of Omaha (see list below).
 - 4) Visit any cathedral, co-cathedral, minor basilica, Marian shrine, or designated national or international sanctuary throughout the world.
 - 5) Unite oneself spiritually to those making a pilgrimage, if physically detained.
 - 6) Study the Catechism or any of the documents of Vatican II, individually or in a group.
 - 7) Perform any Spiritual or Corporal Work of Mercy.
 - 8) Fast or abstain from distractions or superfluous consumption on a certain day of the week.
 - 9) Participate in charitable and social work, including, but not limited to: almsgiving, prolife activities, ministry to vulnerable youth, elderly, migrants, and the poor; general community service.

During pilgrimage visits:

A pious visit includes spending a “suitable” amount of time during a prayerful visit in Eucharistic adoration, either in exposition or before the tabernacle, meditation, and concluding with praying for the intentions of Pope Francis, the recitation of the Our Father, any legitimate form of the Creed, and invocations to the Blessed Virgin Mary.

Uniting Oneself Spiritually with Those on Jubilee Pilgrimage

Those who cannot go on pilgrimage or make a visit to a sacred place for serious reasons will be able to gain the Indulgence wherever they are by uniting themselves spiritually with those who do so, and reciting the Our Father, the Creed, and other prayers connected with the Holy Year while offering up their sufferings or hardships.

Archdiocese of Omaha – Local Pilgrimage Sites:

There are eight locations designated as pilgrimage sites within the Archdiocese of Omaha. A pious visit to any is sufficient for the indulgence:

- Omaha – Saint Cecilia Cathedral
- Cedar Rapids – Saint Anthony Church
- Gretna – Holy Family Shrine
- Lynch – Assumption of the Blessed Virgin Mary Church
- Norfolk – Immaculata Monastery
- Saint Helena – Immaculate Conception Church
- Schuyler – Saint Benedict Center
- Winnebago – Saint Augustine Church

More details about these pilgrimage sites and general information about the Ordinary Jubilee Year 2025, please visit <https://archomaha.org/2025-jubilee/>

