Indulgence Norms and notes

1. Communion on the day of an indulgence. This can be applied to any amount of indulgences that day.
2. Confession within twenty days of the day of an indulgence. Applies to all indulgences during that period.
3. Prayers for the intentions of the Holy Father (an Our Father, Hail Mary or any appropriate prayer) once per day of indulgence.
4. To earn an indulgence you must be in a state of grace (no unconfessed mortal sin) at the time of the indulgenced act.
5. Indulgences can only be applied to the dead or to the person earning the indulgence. They can not be applied to any other living person.
6. For a PLENARY indulgence you must have NO attachment to sin. If such an attachment exists the indulgence earned is only partial.
7. A plenary indulgence can only be earned one a day (expect if death is imminent), there is no limits to partial indulgences daily.
8. An indulgence attached to a feast day is still valid if the feast day is transferred lawfully.
9. A specific day's indulgence requiring a visit to a particular church or oratory can be made from noon the previous day to midnight on the actual day.
10. No unbaptized person nor any Christian who is currently under the penalty of excommunication may earn an indulgence.
11. You must ACTIVELY seek and or state your intention to obtain an indulgence for the act or prayer that carries it to be valid.

Prayers & Acts that carry an indulgence (Partial list) All indulgences partial unless **BOLD UNDERLINED**

### Prayers
- The Actiones Nostras
- Adoro te Devote
- Domine Deus Omnipotens
- The Niceane Creed
- Jesus Dulcissime Redemptor
- O Sacrum Convivium
- Sub tuum praesidium
- Public Novenas for Pentecost
- Prayer for Vocations
- Vista Quaesumnus Domine
- Prayer to St Michael
- Prayer before a Crucifix

### Actions
- Making a Pious invocation raising your mind to god while performing the duties of life
- Devoting yourself or your goods in compassionate service to your brothers in need
- Voluntarily abstaining from something that is licit & pleasing in the spirit of penitence
- Adoration of the blessed Sacrament
- Reading the scriptures

**Visiting a church on All Souls day (Nov 2) Going on a religious retreat for 3 or more days**
- Use a blessed religious object
- Visiting a Parish Church on the Feast day of its Saint(s) or on Aug 2nd (say Our Father & Creed)
- Attending the 1st Pass of a newly ordaned priest or his jubilee mass (25th 50th or 60th anniversary)
- Visiting a cemetery and praying for the dead
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**Indulgence Calendar Key**

- **Aug 2nd Portiuncula Indulgence**
  - Penitential indulgence available if you visit or attend mass at any parish Church

- **Aug 20th First Sunday of Advent Plenary Indulgence**
  - Indulged person for the listed day on the calendar
  - Lines available to add additional people for that day's indulgences
  - There is no limit to the number of indulgences you can earn for a person in a day
  - In order to receive
  - an indulgence on this date you must go to
  - confession within this date range

- **Stared dates** indicate a plenary indulgence is available under the conditions listed in the key

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Be generous to all the living, and withhold not your kindness from the dead. Sirach 7:33