

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 (except 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	Act of faith hope and Love	Any Devout Mental Prayer	Adsumus
Adoro te Devote	Prayer to St. Joseph	Prayer of Thanksgiving	The Angelus
Domine Deus Omnipotens	Spiritual Communion	The Apostles Creed	Angels Dei
The Niceane Creed	The office for the dead	Any approved Litanies	Psalm 130
Iesu Dulcissime Redemptor	Ave Maria Stella	Maria Mater Gratiae	Exaudi Nos
O Sacrum Convivium	Prayer for the Pope	Prayer for the Dead	Psalm 51
Sub tuum praesidium	Prayer for Benefactors	Angel of God Prayer	Te Deum
Public Novenas for Pentecost	Christmas or the Feast or the Immaculate Conception		Tantum Ergo
Prayer for Vocations	The Sign of the Cross	Sancta Maria Succurre Miseris	The Magnificat
Vista Quaesumus Domine	Act of Contrition (expect during Sacramental Confession)		
Prayer to St Michael	Chaplet of St Michael	Come Holy Spirit	
Prayer before a Crucifix	<u>Plenary if done after communion Friday in Lent</u>		
Five decades of the Rosary	<u>Plenary if done in a family, religious community or Pious association</u>		
<u>The Stations of the Cross Moving from Station to Station (unless physically unable to do so)</u>			

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 **Plenary if done for a half hour or more**
 Reading the scriptures **Plenary if done for a half hour or more** Teaching Christian Doctrine
Visiting a church on All Souls day (Nov 2) Going on a religious retreat for 3 or more days
 Use a blessed religious object **Plenary if blessed by a Pope & used on the Feast of Sts Peter & Paul**
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 ordained priest or his jubilee mass (25th 50th or 60th anniversary)
 Visiting a cemetery and praying for the dead (**Plenary if done from Nov 1st through Nov 8th**)

September 2021

Sun	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday
29	30	31	1	2	3	4
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
8/10 – 9/18	8/11 – 9/18	8/12 – 9/19	8/13 – 9/20	8/14 – 9/21	8/15 – 9/22	8/16 – 9/22
5	6	7	8	9	10	11
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
8/17 – 9/23	8/18 – 9/24	8/19 – 9/25	8/20 – 9/26	8/21 – 9/27	8/22 – 9/28	8/23 – 9/29
12	13	14	15	16	17	18
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
8/24 – 9/30	8/25 – 10/1	8/26 – 10/2	8/27 – 10/3	8/28 – 10/4	8/29 – 10/5	8/30 – 10/6
19	20	21	22	23	24	25
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
8/31 – 10/7	9/1 – 10/8	9/2 – 10/9	9/3 – 10/10	9/4 – 10/11	9/5 – 10/12	9/6 – 10/13
26	27	28	*29*	30	1	2
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
9/7 – 10/14	9/8 – 10/15	9/9 – 10/16	9/10 – 10/17	9/11 – 10/18	9/12 – 10/19	9/13 – 10/20

Indulgence Calendar Key

	<p>Sept 29* Feast of Archangels Michael, Gabriel & Raphael Plenary indulgence available if you attend mass at St. Michael's in Upton</p>	<p>Indulged person for the listed day on the calendar <u>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</u> <i>In order to receive an indulgence on this date you must go to confession within this date range</i></p>	<p>**Stared dates indicate a plenary indulgence is available under the conditions listed in the key</p>
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Be generous to all the living, and withhold not your kindness from the dead. Sirach 7:33