



Year of St. Joseph Indulgences

Granted by the Holy See from December 8, 2020 to December 8, 2021

The plenary indulgence is granted under the usual conditions (sacramental confession, Eucharistic communion and prayer for the intentions of the Holy Father) to the faithful who, with a **spirit detached from any sin**, participate in the Year of Saint Joseph on the occasions and in the manner indicated below by the Apostolic Penitentiary:

- 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 St 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 St 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), for the persecuted Church and for the relief of all persecuted Christians
- Pray any approved prayer or act of piety in honor of St Joseph on:
 - March 19th (Solemnity of St. Joseph)
 - May 1st (Feast of St. Joseph the Worker)
 - The 19th day of every month
 - Every Wednesday
- The gift of plenary indulgence extends particularly to —
 - The elderly, sick, dying or those who for legitimate reasons cannot leave their home who, with the spirit detached from any sin and with the intention of fulfilling, as soon as possible, the three usual conditions, in your own home or wherever the impediment holds you, pray an act of piety in honor of Saint Joseph, consolation of the sick and patron of good death, confidently offering God the pains and difficulties of his life.
- **Indulgence gained:**
 - Only once a day for yourself or a deceased soul
 - Be in state of grace (not in mortal sin) when doing one of the acts above
 - Have *complete detachment from sin, even venial sin*
 - Do one of the listed items above, receive Holy Communion, pray for the intentions of the Pope (at least 1 Our Father & Hail Mary), go to confession (+/- 8 days from the act above)

Plenary Indulgences Explained

1. This is how an indulgence is defined in the *Code of Canon Law* (can. 992) and in the *Catechism of the Catholic Church* (n. 1471):

“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.”

2. To gain indulgences, whether plenary or partial, it is **necessary that the faithful be in the state of grace** at least at the time the indulgenced work is completed.
3. A **plenary indulgence can be gained only once a day**. In order to obtain it, the faithful must, in addition to being in the state of grace:
 - **have the interior disposition of complete detachment from sin, even venial sin;**
 - *have sacramentally confessed* their sins;
 - *receive the Holy Eucharist* (it is certainly better to receive it while participating in Holy Mass, but for the indulgence only Holy Communion is required);
 - *pray for the intentions of the Supreme Pontiff.*
4. It is appropriate, but not necessary, that the sacramental Confession and especially Holy Communion and the prayer for the Pope’s intentions take place on the same day that the indulgenced work is performed; but it is sufficient that these sacred rites and prayers be carried out within several days (about 20) before or after the indulgenced act. Prayer for the Pope’s intentions is left to the choice of the faithful, but an “Our Father” and a “Hail Mary” are suggested. 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.
5. For the sake of those legitimately impeded, *confessors* can commute both the work prescribed and the conditions required (except, obviously, detachment from even venial sin).
6. 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.**
Source: Apostolic Penitentiary, *The Gift of the Indulgence*