

# WHAT IS A JUBILEE INDULGENCE?

The Jubilee Indulgence is a concrete manifestation of God's mercy, which goes beyond and transforms the boundaries of human justice. This treasury of grace entered human history in the witness of Jesus and the saints, and by living in communion with them our hope for our own forgiveness is strengthened and becomes a certainty. The Jubilee indulgence allows us to free our hearts from the weight of sin because the reparation due for our sins is given freely and abundantly.

In practical terms, the experience of God's mercy involves some spiritual acts indicated by the Pope. Those who cannot make the Jubilee pilgrimage due to illness or other circumstances are nonetheless invited to take part in the spiritual movement that accompanies the Jubilee year, offering up the sufferings of their daily lives, and participating in the Eucharistic celebration.



JUBILEE 2025

## JUBILEE INDULGENCE



EVANGELIZATION  CATECHESIS  
ROMAN CATHOLIC DIOCESE OF ROCHESTER



## THREE ROADS TO INDULGENCES

Along with the general acts for an indulgence, one must do one of the following:

### I. Make a Pilgrimage

“to any sacred Jubilee site by devoutly participating in Holy Mass ... or any of the following: a celebration of the Word of God; the Liturgy of the Hours; the Via Crucis; the Marian Rosary; the recitation of the Akathist hymn; a penitential celebration...”

*Sacred Jubilee sites are in Rome, Holy Land, or any Cathedral or designated Church in a diocese*

*(In the Diocese of Rochester, only Sacred Heart Cathedral has been designated.)*

### II. Pious visits to sacred places

“...the faithful can obtain the Jubilee Indulgence if, individually or in a group, they devoutly visit any Jubilee site and there, for a suitable period of time, engaged in Eucharistic adoration and meditation, concluding with the Our Father, the Profession of Faith in any legitimate form, and invocation to Mary, the Mother of God...”

“During the Jubilee Year, in addition to the aforementioned places of pilgrimage, the following sacred places may also be visited under the same conditions ...any minor basilica, cathedral church, co-cathedral church, Marian sanctuary...”

*(In the Diocese of Rochester, only Sacred Heart Cathedral has been designated. Nearby minor basilicas can be found in Buffalo, Syracuse, Lewiston, and Olean.)*

### III. Works of Mercy & Penance

“In a special way “during the Holy Year, we are called to be tangible signs of hope for those of our brothers and sisters who experience hardships of any kind”. Therefore, the Indulgence is also linked to certain works of mercy and penance, which bear witness to the conversion undertaken.”

“In addition, the faithful will be able to obtain the Jubilee Indulgence if, with a devout spirit, they participate in popular missions, spiritual exercises, or formation activities on the documents of the Second Vatican Council and the Catechism of the Catholic Church, held in a church or other suitable place, according to the mind of the Holy Father.”

## GENERAL ACTS FOR AN INDULGENCE

*“All the faithful, who are truly repentant and free from any affection for sin, who are moved by a spirit of charity and who, during the Holy Year, purified through the sacrament of penance and refreshed by Holy Communion, pray for the intentions of the Supreme Pontiff, will be able to obtain from the treasury of the Church a plenary indulgence, with remission and forgiveness of all their sins...”*

