

How to obtain the Jubilee Indulgence



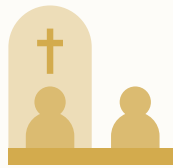
Firstly, meet the following conditions:

1.



Detachment from all sin, even venial

2.



Sacramental confession



Holy Communion



One Our Father for the intentions of the pope

The conditions in number 2 can be fulfilled a few days before or after performing the works below to gain the indulgence, but it is appropriate that Communion and the prayer take place on the same day that the work is completed.

Complete one of the following six works:



Undertake a pious pilgrimage to one of the Diocesan Sacred Sites and completing one of the following:

- devoutly participating in Holy Mass or the Anointing of the Sick
- a celebration of the Word of God;
- the Liturgy of the Hours
- the Way of the Cross;
- the Marian Rosary;
- a penitential celebration, which ends with the individual confessions of the penitents.



Carry out a corporal or spiritual work of mercy



Carry out a work of Penance

Such as abstaining, fasting, donating money to the poor, by supporting works of a religious or social nature, especially in support of the defence, protection and quality of life in all its phases, or by volunteering free time to activities that are of service to the community.



By devoutly visiting one of the Diocesan Sacred Sites

For a suitable period of time, engage in Eucharistic adoration and meditation, concluding with the Our Father, the Apostles Creed, and the Hail Mary.



Participate in Missions, Spiritual Exercises or formation activities,

with a devout spirit, on the documents of the Second Vatican Council and the Catechism of the Catholic Church, held in a church or other suitable place.



Those who are sick or cannot participate for serious reasons, can obtain the Jubilee Indulgence

If, united in spirit with the faithful taking part in person, they recite the Our Father, the Apostles Creed and the Jubilee Prayer, offering up their sufferings or the hardships of their lives.

Sacred Sites in the Diocese of Christchurch

- 1 St Mary's Pro-Cathedral, Christchurch
- 2 St Patrick's Church, Akaroa
- 3 The St Mary MacKillop Chapel, Catholic Parish of Opihi, Temuka
- 4 Sanctuary of Fourviere & Shrine of Mary, Mother of Light, Leithfield