What are indulgences?

An indulgence is the removal of some or all of the temporal punishment due for sins already forgiven. There are two kinds of indulgences, plenary, which removes all the temporal punishment due, and partial, which shortens or lessens that punishment.

Requirements to Gain a Plenary Indulgence

1. **Have a want/desire to receive a Plenary Indulgence**

2. **Go to Confession (within 2 weeks of the good work) [be detached from *all* sin]**

3. **Perform the good work, prayer, or penance to which the indulgence is attached**

4. **Receive Holy Communion (within 2 weeks of the good work)**

5. **Prayers for the intentions of the Pope**

Note:

- If the above requirements for a plenary indulgence are not fulfilled, the indulgence will only be partial.
- A plenary indulgence can be acquired only once a day, unless at the point of death.
- A partial indulgence can be acquired many times a day,
- The condition of praying for the intentions of the Pope is met by saying an "Our Father" and a "Hail Mary." However, one may add any other prayers or devotions for his intentions.
- We cannot gain indulgences for other living persons, but we can gain them for the souls in purgatory.

(over)

Some Ways to Obtain Indulgences

(taken from The Enchiridion of Indulgences)

Partial is granted to the faithful who visit the Most Blessed Sacrament for adoration.
Plenary is granted if the visit lasts for at least one half hour.

Plenary – Rosary – is granted when the Rosary is recited in a Church or public oratory or in a family group.
Partial indulgence is granted in other circumstances.

Partial – Sign of the Cross – granted to the faithful who devoutly sign themselves with the Sign of the Cross while saying the customary words "*In the name of the Father, of the Son, and of the Holy Spirit. Amen* "