

## **Plenary Indulgence Calendar**

(references to Manual of Indulgences, available at IHM or USCCB)

**Indulgence:** a remission before God of the temporal punishment for sins, whose guilt is forgiven.

An indulgence is partial or plenary according to whether it removes part or all temporal punishment due to sin. Can be obtained for the person himself or for the dead.

### **Requirements for a plenary indulgence:**

- Be baptized, not excommunicated, and in the state of grace at least at the completion of the prescribed work.
- Have at least the general intention of receiving indulgence as well as carry out the required work
- Have no attachment to sin (habitual sin, even venial sin)
- Receive sacramental confession, Eucharistic Communion, and pray for intentions of the Holy Father.  
(One confession suffices for several indulgences, but Communion and prayer for the intentions of the Holy Father must be completed for each plenary indulgence.  
These can be done w/in several days of completing the indulgenced work, but Communion and prayers for the intentions of the Holy Father (usually 1 Our Father & 1 Hail Mary) are appropriate on the day of the work.)

### **(Grant #)**

#### **Daily Works Possible**

- 7 Adoration of Blessed Sacrament for at least one half hour
- 30 Devout reading of Sacred Scriptures for at least one half hour
- 13 Devout performance of Stations of the Cross
- 17 Recitation of Marian Rosary (5 decades, without interruption) in a church, oratory, w/ members of family, in a religious community, or in a pious association.

#### **By Calendar**

- 26 Jan 1: Public recitation of Veni Creator Spiritus
- 33 March 19: Prayerfully visit St. Joseph in White Rock on its titular feast

#### **Lent/Easter**

- 8 Fridays during Lent: Those who, after communion, recite the Prayer before the Crucifix
- 7 Holy Thursday: Recite Tantum Ergo during reposition after Mass of the Lord's Supper
- 13 Good Friday: Taking part in adoration of the cross during the solemn liturgy
- 27 Easter Vigil: Renewal of Baptismal Promises during Mass

#### **Other Specific Days**

- 8 First Communion: When receive or if devoutly assist at a first communion ceremony.
- 27 First Mass of Newly-Ordained Priests: to the priest in first Mass w/ a congregation, and to faithful who devoutly participate in that Mass.
- 26 Pentecost: Public recitation of Veni Creator Spiritus
- 33 June 3: Visit St. Joseph's, White Rock (the day of its dedication).
- 7 Corpus Christi: Devoutly participate in Eucharistic procession
- 3 Solemnity Of Sacred Heart of Jesus: Participate devoutly in public recitation of the Iesu Dulcissime
- 33 Memorial of the Immaculate Heart of Mary (Los Alamos): Prayerfully visit IHM.
- 33 June 29: Solemnity Of Peter & Paul: Visiting a minor basilica (Santa Fe) and recite Our Father & Creed
- 14 June 29: Solemnity Of Peter & Paul: Devout use of a devotional objects blessed by pope or a bishop and pray a profession of faith in any legitimate formula
- 33 Oct 20: Visit IHM Los Alamos on its day of dedication and recite Our Father & Apostles or Nicene Creed
- 29 Nov 1-8: Visiting cemetery and pray for the dead.
- 29 Nov 2: Visiting church or oratory and recite an Our Father and Apostles' Creed
- 2 Christ the King: Public recitation of dedication of the human race to Christ the King (the "Iesu Dulcissime, Redemptor")

26 Dec 31: Participate in public recitation of the Te Deum

### Various

- 4 Receive blessing imparted either by Pope to City and to the World (even via TV or other media), or by bishop to the faithful entrusted to him on solemnities he designates w/ plenary indulgence
- 5 Assist at celebrations fostering religious intentions
- 7 Participate in the solemn Eucharistic rite which closes a Eucharistic congress.
- 10 Spend at least three full days of spiritual exercises during a retreat
- 12 **Approach of Death: If priest can't be present for apostolic blessing, given to those in articulo mortis (approach of death) provided they regularly prayed in some way during their lifetime.**
- 16 On occasion of mission having heard some of the sermons AND are present for its solemn conclusion.  
Jubilee Celebration of Priestly Ordination (25th, 50th, or 60th anniversary): To priest if renews before God the promise made to faithfully fulfill the duties of his vocation; To faithful who participate in jubilee Mass celebrated by the priest.
- 27
- 28 Renewal of baptismal promises on anniversary of one's baptism
- 33 Visit a parish church on its titular feast day, or on August 2 (the Portiuncula indulgence).
- 33 Visit church or altar on anniversary of its dedication and recite Our Father & Apostles or Nicene Creed

### Prayers Cited Above

#### Prayer Before a Crucifix

Behold, O kind and most sweet Jesus, I cast myself upon my knees in thy sight,  
and with the most fervent desire of my soul, I pray and beseech thee  
that thou wouldst impress upon my heart lively sentiments of faith, hope, and charity,  
with true contrition for my sins and a firm purpose of amendment;  
while with deep affection and grief of soul I ponder within myself  
and mentally contemplate thy five wounds,  
having before my eyes the words which David the prophet put on thy lips concerning thee:  
"My hands and my feet they have pierced, they have numbered all my bones."

#### Tantum Ergo

Down in adoration falling,  
Lo! The sacred Host we hail;  
Lo! O'er ancient forms departing,  
Newer rites of grace prevail;  
Faith for all defects supplying,  
Where the feeble senses fail.  
To the everlasting Father,  
And the Son who reigns on high,  
With the Holy Spirit proceeding  
Forth from each eternally,  
Be salvation, honor, blessing,  
Might and endless majesty. Amen

V. You have given them bread from heaven,  
R: Having all delight within it.

Let us pray. O God, who in this wonderful Sacrament  
left us a memorial of your Passion:  
grant, we implore you, that we may so venerate the sacred mysteries  
of your Body and Blood,  
as always to be conscious of the fruit of your Redemption.  
You who live and reign forever and ever. Amen.

**Iesu Dulcissime, Redeptor (Act of Reparation to the Sacred Heart)**

Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before you.  
We are yours, and yours we wish to be; but to be more surely united with you,  
behold each one of us freely consecrates himself today to your Most Sacred Heart.  
Many indeed have never known you; many, too, despising your precepts, have rejected you.  
Have mercy on them all, most merciful Jesus, and draw them to your Sacred Heart.  
Be King, O Lord, not only of the faithful who have never forsaken you,  
but also of the prodigal children who have abandoned you;  
grant that they may quickly return to their Father's house, lest they die of wretchedness and hunger.  
Be King of those who are deceived by erroneous opinions, or whom discord keeps aloof,  
and call them back to the harbor of truth and the unity of faith  
so that soon there may be but one flock and one Shepherd.  
Grant, O Lord, to your Church assurance of freedom and immunity from harm;  
give tranquility of order to all nations; make the earth resound from pole to pole with one cry:  
Praise to the divine Heart that wrought our salvation; to it be glory and honor forever. Amen.

**Veni, Creator Spiritus (Come, Creator Spirit)**

O Holy Spirit, by whose breath  
Life rises vibrant out of death;  
Come to create, renew, inspire;  
Come, kindle in our hearts your fire.

You are the seeker's sure resource,  
Of burning love the living source,  
Protector in the midst of strife,  
The giver and the Lord of life.

In you God's energy is shown,  
To us your varied gifts made known.  
Teach us to speak, teach us to hear;  
Yours is the tongue and yours the ear.

Flood our dull senses with your light;  
In mutual love our hearts unite.  
Your power the whole creation fills;  
Confirm our weak, uncertain wills.

From inner strife grant us release;  
Turn nations to the ways of peace.  
To fuller life your people bring  
That as one body we may sing:

Praise to the Father, Christ, His Word,  
And to the Spirit: God the Lord,  
To whom all honor, glory be  
Both now and for eternity. Amen.