

Three Conditions

Along with the prescribed work, three conditions also must be met:

- 1) Make a sacramental confession within a few days (20 or less) of the pilgrimage or work of mercy
- 2) Worthily receive Holy Communion
- 3) Pray for the Holy Father's intentions (an Our Father and Hail Mary is sufficient)

The Jubilee Indulgence is a plenary indulgence. That means that if one is completely detached from sin, the Lord grants the full remission of the temporal punishment due one's sins. If there is not yet complete detachment from sin, however, one still receives a partial indulgence.

A plenary indulgence may be received once a day. It may always be applied to oneself or to the soul of someone who has died, but cannot be applied to another living person. A single sacramental confession suffices for gaining several plenary indulgences, but Holy Communion must be received and prayer for the Holy Father's intention must be said for each plenary indulgence.



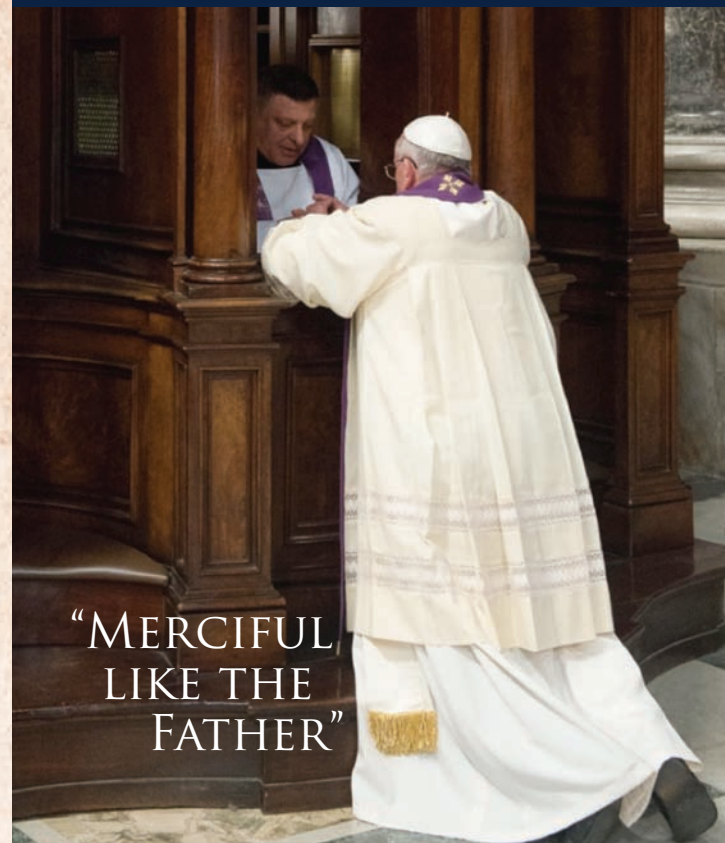
Pope Francis has taken into consideration those who will not be able to go through the Holy Door because of sickness, old age, or incarceration. The elderly and sick who are unable to go through the Holy Door may receive the Jubilee Indulgence by offering up their sufferings, praying for the Pope, and receiving communion. Those in prison may use the door of their cell as a Holy Door and with the other conditions, receive the Indulgence.

GROW IN LOVE RATHER THAN TO FALL BACK INTO SIN

“Reconciliation with God is made possible through the paschal mystery and the mediation of the Church. Thus God is always ready to forgive, and he never tires of forgiving in ways that are continually new and surprising. Nevertheless, all of us know well the experience of sin. We know that we are called to perfection (cf. Mt 5:48), yet we feel the heavy burden of sin. Though we feel the transforming power of grace, we also feel the effects of sin typical of our fallen state. Despite being forgiven, the conflicting consequences of our sins remain. In the Sacrament of Reconciliation, God forgives our sins, which he truly blots out; and yet sin leaves a negative effect on the way we think and act. But the mercy of God is stronger even than this. It becomes indulgence on the part of the Father who, through the Bride of Christ, his Church, reaches the pardoned sinner and frees him from every residue left by the consequences of sin, enabling him to act with charity, to grow in love rather than to fall back into sin.”

Pope Francis, *Misericordiae vultus* 22

CONFESSION & INDULGENCES



“MERCIFUL
LIKE THE
FATHER”

EXTRAORDINARY

Jubilee of Mercy

December 8, 2015 - November 20, 2016



THE DIOCESE OF FARGO
www.fargodiocese.org/yearofmercy



A JUBILEE OF MERCY

Mercy is real.

Pope Francis desires this Jubilee Year of Mercy to be an “extraordinary moment of grace and spiritual renewal”. In particular, he wants us to really be convinced that God’s Mercy is real. “... the mercy of God is not an abstract idea, but a concrete reality... it gushes forth from the depths naturally, full of tenderness and compassion, indulgence and mercy.” Pope Francis, *Misericordiae vultus* 6

Mercy is a gift.

We see this gift most clearly in his Son, Jesus. He felt deep compassion for his people, who were spiritually lost and without a guide. (Mt. 9:36) He showed merciful love to the sick and to those oppressed by demons by healing them and freeing them from the power of evil. (Mt. 14:14, Mk 5:19) But most of all, he showed his mercy when he forgave sins. (Lk. 5:20, Jn. 8:10-11)

Mercy is a command.

The motto for the Year of Mercy, “Merciful like the Father”, comes from Luke 6:36, “Be merciful just as our Father is merciful”. God’s command that we be merciful to others is not an arbitrary law, but is rather part of being a consistent person. If we have been forgiven by God, how can we not forgive others?

Pope Francis points out that we often struggle to be merciful to others. “The present-day mentality, more perhaps than that of people in the past, seems opposed to a God of mercy, and in fact tends to exclude from life and to remove from the human heart the very idea of mercy.” Pope Francis quoting St. John Paul II, *Misericordiae vultus* 11. To be merciful as the Father is merciful requires that we first receive his mercy. That means we need to acknowledge our own sins. This isn’t always easy, but our Lord and his Church both assist us through the sacrament of reconciliation and the practice of receiving indulgences.

CONFESSION

In order to be merciful to others, it is important that we first experience God’s mercy towards us. The best way to do this is to make a habit of going to confession. The Jubilee of Mercy is a time for priests to invite their people to come to confession and give them more opportunities for confession.

If it has been a long time since you have been to confession, the Jubilee of Mercy is a great time to start again. Confession isn’t that hard. The steps to making a good confession are as follows:

- Know your sins
- Be sorry for them
- Confess them to the priest
- Do your penance

There are also many great guides available in print, on-line, and even as mobile phone apps, that can help prepare you for confession.



Frequent confession is also important during the Jubilee of Mercy. Bishop Folda recommends that the faithful go to confession once every 4 to 6 weeks.

As part of the Jubilee celebration, Pope Francis has asked every diocese throughout the world to participate in “24 hours for the Lord.” This will take place on March 3rd and 4th, 2016 and will be a period of extended availability for the sacrament of confession.

JUBILEE INDULGENCE



During the Jubilee of Mercy Pope Francis has declared that there will be a special Jubilee Indulgence which all of the faithful may receive. An indulgence is the remission of the temporal punishment due to

sins which have been forgiven. Sin has both eternal and temporal consequences. In confession, the eternal consequences are forgiven, but the damage we have done to ourselves and to others here on earth remains, and God asks us to assist him in making amends. When we cooperate with God in doing good works and offering up our sufferings we are purified from the residue of sin. If we die without being completely purified, God, in his mercy, allows us to complete our purification in purgatory.

An indulgence is exactly what its name implies. It is God the Father, through Christ’s spouse, the Church, being indulgent with his children. It is like the mother who, knowing that her child will not be able to clean up the mess he has made, simply asks him to pick up a couple of toys by himself and then assists him to clean up the rest.

To receive the Jubilee Indulgence one must do one of the two works prescribed by Pope Francis:

- 1) Make a brief pilgrimage to the Holy Door either in the Cathedral or in one of the other churches that has one (see brochure “Holy Door & Pilgrimage”).

or

- 2) Perform a spiritual or corporal work of mercy (see brochure “The Works of Mercy”).