# Indulgence Norms and notes

1. Communion on the day of an indulgence. This can be applied to any amount of indulgences that day.
2. Confession within twenty days of the day of an indulgence. Applies to all indulgences during that period
3. Prayers for the intentions of the Holy Father (an Our Father, Hail Mary or any appropriate prayer) once per day of indulgence.
4. To earn an indulgence you must be in a state of grace (no unconfessed mortal sin) at the time of the indulgenced act)
5. Indulgences can only be applied to the dead or to the person earning the indulgence. They can not be applied to any other living person.
6. For a PLENARY indulgence you must have NO attachment to sin. If such an attachment exists the indulgence earned is only partial.
7. While normally you can only earn a plenary indulgence once a day except if death is imminent_
8. An indulgence attached to a feast day is still valid if the feast day is transferred lawfully.
9. A specific day's indulgence requiring a visit to a particular church or oratory can be made from noon the previous day to midnight on the actual day.
10. No unbaptized person nor any Christian who is currently under the penalty of excommunication may earn an indulgence.
11. You must ACTIVELY seek and or state your intention to obtain an indulgence for the act or prayer that carries it to be valid.

Prayers & Acts that carry an indulgence (Partial list) All indulgences partial unless **BOLD UNDERLINED**

## Prayers

| | | | |
|---|---|---|---|
| The Actiones Nostras | Act of faith hope and Love | Any Devout Mental Prayer | Adsumus |
| Adoro te Devote | Prayer to St. Joseph | Prayer of Thanksgiving | The Angelus |
| Domine Deus Omnipotens | Spiritual Communion | The Apostles Creed | Angels Dei |
| The Niceane Creed | The office for the dead | Any approved Litanies | Psalm 130 |
| Iesu Dulcissime Redemptor | Ave Maria Stella | Maria Mater Gratiae | Exaudi Nos |
| O Sacrum Convivium | Prayer for the Pope | Prayer for the Dead | Psalm 51 |
| Sub tuum praesidium | Prayer for Benefactors | Angel of God Prayer | Te Deum |
| Public Novenas for Pentecost Christmas or the Feast or the Immaculate Conception | | | Tantum Ergo |
| Prayer for Vocations | The Sign of the Cross | Sancta Maria Succurre Miseris | The Magnificat |
| Vista Quaesumus Domine | Act of Contrition (expect during Sacramental Confession) | | |
| Prayer to St Michael | Chaplet of St Michael | Come Holy Spirit | |

Prayer before a Crucifix **Plenary if done after communion Friday in Lent**
Five decades of the Rosary **Plenary if done in a family, religious community or Pious association**
**The Stations of the Cross Moving from Station to Station (unless physically unable to do so)**

## Actions * indicated Plenary during the Jubilee Year

Making a Pious invocation raising your mind to god while performing the duties of life
*Devoting yourself or your goods in compassionate service to your brothers in need
*Voluntarily abstaining from something that is licit & pleasing in the spirit of penitence
Reading the scriptures **Plenary if done for a half hour or more** Teaching Christian Doctrine
**Visiting a church on All Souls day (Nov 2)** **Going on a religious retreat for 3 or more days**
Use a blessed religious object **Plenary if blessed by a Pope & used on the Feast of Sts Peter & Paul**
**Visiting a Parish Church on the Feast day of its Saint(s) or on Aug 2nd (say Our Father & Creed)**
**Attending the 1st Pass of a newly ordaned priest or his jubilee mass (25th 50th or 60th anniversary)**
Visiting a cemetery and praying for the dead (**Plenary if done from Nov 1st through Nov 8th)**

**Adoration of the blessed Sacrament Plenary if done for a half hour or more**
**NOTE Adorers Hourly & Alternates wanted St Bernard's parish Fitchburg MA: Mondays 8:30-7 PM Tuesdays 8:30-4 Call 978-343-4927 for info**

# Indulgence Calendar May 2026

| Sun | Monday | Tuesday | Wednesday | Thurs | Friday | Saturday |
|---|---|---|---|---|---|---|
| **26 Joseph Touchette**<br>*4/5 – 5/16* | **27 Francis Touchette**<br>*4/6 – 5/15* | **28 John Touchette**<br>*4/7 – 5/16* | **29 Ester Plett**<br>*4/8 – 5/17* | **30 Mildred Whaley**<br>*4/9 – 5/18* | **1* Lorraine Sevigny**<br>*4/11 – 5/20* | **2 Allen McNeil**<br>*4/12– 5/21* |
| **3 Patrick Walsh**<br>*4/13 – 5/22* | **4 Martin Lane**<br>*4/14 - 5/23* | **5 Patrick Walsh**<br>*4/15 – 5/24* | **6 Patrick Holland**<br>*4/16– 5/25* | **7 Michael Harrahy**<br>*4/17 – 5/26* | **8 William Holland**<br>*4/18 – 5/27* | **9 Jeremiah McCarthy**<br>*4/19– 5/28* |
| **10 Julia Sweet**<br>*4/20 – 5/29* | **11 James Marley**<br>*4/21– 5/30* | **12 John Ryan**<br>*4/22 – 5/31* | ****13 Owen Harrigan**<br>*4/23 – 6/1* | **14 Margaret Farrell**<br>*4/24 – 6/2* | **15 Catherine LaBounty**<br>*4/25 – 6/3* | **16 Edward Roche**<br>*4/26 – 6/4* |
| **17 Rosina Lambert**<br>*4/27 – 6/5* | **18 John Daly**<br>*4/28 – 6/6* | **19 John Smith**<br>*4/29 – 6/7* | **20 Nicholas Beckley**<br>*4/30 – 6/8* | **21 Mary Louney**<br>*5/1 – 6/9* | **22 Margaret Walsh**<br>*5/2 – 6/10* | **23 Elizabeth McCauliff**<br>*5/3 – 6/11* |
| **24 Celina Vincent**<br>*5/4 – 6/12* | **25 Anna Peirce**<br>*5/5 – 6/13* | **26 Susie Plunkett**<br>*5/6 – 6/14* | **27 Henriette Boulanger**<br>*5/7 – 6/15* | ***28 Eliza Carey**<br>*5/8 – 6/16* | **29 Mary Donnell**<br>*5/9 – 6/17* | **30 Thomas Tighe**<br>*5/10 – 6/18* |
| **31 Mary Gannon**<br>*5/11 – 6/19* | **1 John Sullivan**<br>*5/12– 6/20* | **2 Humphrey Connor**<br>*5/13 – 6/21* | **3 Martin Ryan**<br>*5/14 – 6/22* | **4 Sgt John Sanders**<br>*5/15 – 6/23* | **5 John Moran**<br>*5/16 – 6/24* | **6 Mike Dennis**<br>*5/17 – 6/25* |

## Indulgence Calendar Key

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|---|---|---|---|---|
| ** 1st Feast of St Joesph the Worker Plenary indulgenceif you attend St. Joseph's parish Fitchburg* | *** 13th Feast of Our Lady of the Blessed Sacrament Plenary indulgenceif you attend Blessed Sacrament Parish in Westfield MA* | Indulged person for the listed day on the calendar<br>Lines available to add additional people for that day's indulgences. There is no limit to the number of indulgences you can earn for a person in a day<br>*In order to receive an indulgence on this date you must go to confession within this date range* | **** 28th Feast of St. Bernard Plenary indulgenceif you attend St Bernard Parish in Fitchburg MA* | |

**Be generous to all the living, and withhold not your kindness from the dead. Sirach 7:33**

** Stared dates indicate a plenary indulgence is available under the conditions listed in the key Only one plenary indulgence can be earned on a given day,