

## 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)**

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 2<sup>nd</sup> (say Our Father & Creed)**

**Attending the 1<sup>st</sup> Mass of a newly ordained priest or his jubilee mass (25<sup>th</sup> 50<sup>th</sup> or 60<sup>th</sup> anniversary)**

Visiting a cemetery and praying for the dead (**Plenary if done from Nov 1<sup>st</sup> through Nov 8<sup>th</sup>**)

**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 September 2026

| Sun                         | Monday                    | Tuesday                     | Wednesday                  | Thurs                     | Friday                    | Saturday                    |
|-----------------------------|---------------------------|-----------------------------|----------------------------|---------------------------|---------------------------|-----------------------------|
| <b>30 Lawrence Quigley</b>  | <b>31 Mary Fahey</b>      | <b>1 Hattie Smith</b>       | <b>2 Katie E. Mack</b>     | <b>3 Timothy Flaherty</b> | <b>4 Patrick Dacey</b>    | <b>5 Dennis O'Connor</b>    |
| 8/10 – 9/18                 | 8/11 – 9/19               | 8/12 – 9/20                 | 8/13 – 9/21                | 8/14 – 9/22               | 8/15 – 9/23               | 8/16 – 9/24                 |
| <b>6 Dianne Bigelow</b>     | <b>7 Mark Bigelow</b>     | <b>8 Marguerite Beaupre</b> | <b>9 Humphrey Connor</b>   | <b>10 Ella Moriarty</b>   | <b>11 Martin McNamara</b> | <b>12 Mamie Carey</b>       |
| 8/17 – 9/25                 | 8/18 – 9/26               | 8/19 – 9/27                 | 8/20 – 9/28                | 8/21 – 9/29               | 8/22 – 9/30               | 8/23 – 10/1                 |
| <b>13 Alfred Cunningham</b> | <b>14 John Corcoran</b>   | <b>15 Thomas Connors</b>    | <b>16 Ellen O'Gorman</b>   | <b>17 Mary Brosnahan</b>  | <b>18 John Maher</b>      | <b>19 William Maher</b>     |
| 8/24 – 10/2                 | 8/25 – 10/3               | 8/26 – 10/4                 | 8/27 – 10/5                | 8/28 – 10/6               | 8/29 – 10/9               | 8/30 – 10/10                |
| <b>20 Louis Lefebvre</b>    | <b>*21 Timothy Toomey</b> | <b>22 Mary Sullivan</b>     | <b>**23 George Nutting</b> | <b>24 Edward Preston</b>  | <b>25 John Flynn</b>      | <b>26 Catherine Burgess</b> |
| 8/31 – 10/11                | 9/1 – 10/12               | 9/2 – 10/13                 | 9/3 – 10/14                | 9/4 – 10/15               | 9/5 – 10/16               | 9/6 – 10/17                 |
| <b>27 Michael Daly</b>      | <b>28 John Gorey</b>      | <b>***29 Michael Noonan</b> | <b>30 Mary Kennedy</b>     | <b>1 Bridget Fallon</b>   | <b>2 Timothy Mylott</b>   | <b>3 Ann Victory Ryan</b>   |
| 9/7 – 10/18                 | 9/8 – 10/19               | 9/9 – 10/20                 | 9/10 – 10/21               | 9/11 – 10/22              | 9/12 – 10/23              | 9/13 – 10/24                |

## Indulgence Calendar Key

21\* Feast of St. Matthew Plenary indulgence available if you attend Any St Matthew's Parish (Southborough, Billerica, Dorchester MA

23\*\* Feast of St Linus Plenary indulgence available at if you attend St. Linus parish in Natick or South Framingham MA

Indulged person for the listed day on the calendar  
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  
*In order to receive an indulgence on this date you must go to confession within this date range*

29\*\*\* Feast of St Michael the Archangel Plenary indulgence available if you visit St Michael's in Upton, Hudson or Winthrop 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.