

CONDITIONS TO OBTAIN THE PLENARY INDULGENCE

(for yourself or for a soul in Purgatory)

At the Shrine or within 20 days before or after your visit:

- Receive the **Sacrament of Reconciliation**.
- Receive **Holy Communion**.
- Say a prayer for the intentions of the Pope.
- Have an interior disposition of complete detachment from all sin, even venial sin.

In the Luminous Mysteries Chapel before the first-class blood relic of Saint John Paul II:

- Pray the **Lord's Prayer**.
- Pray the **Creed**.
- Pray the **Hail Mary**.
- Conclude with the **Shepherd's Prayer**:

You are the Shepherd of the sheep, O Prince of the Apostles. To you the keys of the kingdom of heaven have been given.

Lastly:

- Pilgrims must be truly penitent and impelled by charity while completing these works.

*Per Decree of the Apostolic Penitentiary Mauro Cardinal Piacenza October 3, 2016.
Published with ecclesiastical approval.*

Guide to Obtaining a **PLENARY INDULGENCE** *at the Saint John Paul II National Shrine*



WHAT IS A PLENARY INDULGENCE?

“The starting-point for understanding indulgences is the abundance of God’s mercy revealed in the Cross of Christ. The crucified Jesus is the great ‘indulgence’ that the Father has offered humanity through the forgiveness of sins and the possibility of living as children in the Holy Spirit.”

Saint John Paul II

God desires to forgive sins and bring us to eternal life. He also desires to free us from the conditions of suffering that arise as a consequence of sin. The Catechism of the Catholic Church reminds us that the effects of sin are twofold: Sin breaks communion with God and creates an unhealthy attachment to worldly things. (See CCC 1472)

“Temporal punishment expresses the condition of suffering of those who, although reconciled with God, are still marked by those ‘remains’ of sin which do not leave them totally open to grace.” (Saint John Paul II) These remains of sin “must be purified either here on earth, or after death in the state called Purgatory.” (CCC 1472)

“An indulgence is a remission before God of the temporal punishment due to sins, whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions.” (CCC 1471) A “plenary” remission means that it is applied to all of the temporal punishments of sins. The giving of indulgences is an extension of the Church’s vast treasury of grace, which like a medicine heals a person over time.

“Having received from Christ the power to forgive in his name, the Church is in the world as the living presence of the love of God who leans down to every human weakness in order to gather it into the embrace of his mercy.”

Saint John Paul II

Out of a desire to bring complete healing to every sinner, the Church grants indulgences to encourage the faithful in their ongoing journey towards the fullness of the love of God. Indulgences can be applied either to oneself or a soul in Purgatory. To learn more about indulgences, see the Catechism of the Catholic Church 1471-1478.

HOW CAN I OBTAIN A PLENARY INDULGENCE?

The Holy Father grants a Plenary Indulgence to Christ’s faithful who make a pilgrimage to the Saint John Paul II National Shrine on one of these occasions:

- ✘ October 22 on the Solemnity of Saint John Paul II
- ✘ Divine Mercy Sunday (Second Sunday of Easter)
- ✘ Once a year on a day of their choice
- ✘ Whenever they participate in a group pilgrimage

To obtain this indulgence, pilgrims must fulfill the conditions listed on the back page and either:

- ✘ Participate in sacred ceremonies carried out in honor of Saint John Paul II

OR

- ✘ Pray before the Relic of Saint John Paul II.

“Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in the time of need.”

Hebrews 4:16

THE RELIC OF SAINT JOHN PAUL II

The Luminous Mysteries Chapel at the Saint John Paul II National Shrine contains a first-class blood relic of Saint John Paul II attached to the front of the altar. It is located in the middle of the reliquary that is reminiscent of Saint John Paul II’s crosier.

