

Indulgences During the Year of St. Joseph

1. What is an indulgence

- a. A partial or total (plenary) remission or cancellation of the temporal punishment due to sins that have already been forgiven (cc 1471).
- b. Temporal punishment is so called because it has an end – as opposed to eternal punishment. It is an effect of the intrinsic nature of sin. (cc 1472).
- c. An indulgence can be applied to oneself or to the deceased.
- d. Derived from the same power that has been given to the Church to forgive sins, through Christ. (cc 1478)

2. How is it obtained

- a. Generally, indulgences require the following:
 - i. A particular act, prayer or devotion (see list below)
 - ii. Praying for the intentions of the Holy Father (an Our Father, Hail Mary and Glory Be are suggested)
 - iii. Receiving Holy Communion
 - iv. Going to the sacrament of reconciliation at least 20 days before or after the action for which the indulgence is sought
 - v. Abandoning any attachment to sin
 - vi. Only one plenary indulgence a day
- b. Ways to obtain a plenary indulgence during the year of St. Joseph
 - i. Mediate on the Our Father for at least 30 minutes
 - ii. Take part in a spiritual retreat of at least one day that includes a meditation on St. Joseph
 - iii. Perform a corporal or spiritual work of mercy
 1. Corporal
 - a. Feed the hungry
 - b. Give drink to the thirsty
 - c. Clothe the naked
 - d. Harbor the harborless (shelter)
 - e. Visit the sick/imprisoned
 - f. Ransom the captive
 - g. Bury the dead
 2. Spiritual
 - a. Admonish the sinner
 - b. Instruct the ignorant
 - c. Counsel the doubtful

- d. Comfort the sorrowful
 - e. Bear wrongs patiently
 - f. Forgive all injuries
 - g. Pray for the living and the dead
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- iv. Entrust one's daily work to St. Joseph
 - v. Ask St. Joseph to intercede for the unemployed
 - vi. Recite a prayer to St. Joseph (i.e., litanies) for the relief of Christians persecuted both inside and outside the Church
 - vii. Recite any approved prayer or act of piety in honor of St. Joseph on the following dates:
 - 1. March 19
 - 2. May 1
 - 3. Feast of the Holy Family (12/26/21)
 - 4. Byzantine Sunday of St. Joseph (also 12/26/21)
 - 5. 19th of every month
 - 6. Every Wednesday
 - viii. Recitation by the sick, elderly, dying and those unable to leave the house, of an act of piety to St. Joseph under his title of Comfort of the Sick and Patron of a Happy Death. They are to offer their discomfort to God and fulfill the other conditions for the indulgence as soon as possible.