

How to Gain an Indulgence?

To obtain an indulgence,

- a) one must be in the state of grace;
- b) have complete detachment from sin, even venial sin;
- c) celebrate the Sacrament of Reconciliation (Confession);
- d) receive the Holy Eucharist (Communion);
- e) pray for the intentions of the Pope;
- f) and perform the required pilgrimage or charitable work.

A. Participating in a Pilgrimage: An essential element of the Jubilee is a pilgrimage. A pilgrimage reminds us that as a Church, we are on a journey in this life to our heavenly home. A pilgrimage is a journey with Christ to the Father. The pilgrimage may take several forms and offers the opportunity for gaining the Jubilee Indulgence. As part of the Pilgrimage, the individual must devoutly participate in the celebration of the Eucharist; or a celebration of the Word of God; or the Liturgy of the Hours; or a penitential celebration, which ends with the individual confessions of the penitents.

1) To the Holy Door in Rome:

2) To the Holy Land:

3) To the Diocesan Church designated by the Bishop.

B. Pious Visits to Sacred Places:

Likewise, the faithful can obtain the Jubilee Indulgence if, individually or in a group, they devoutly visit any Jubilee church for a suitable period of time, engage in Eucharistic Adoration, concluding with the Our Father, the Profession of Faith (Creed), and invocations to Mary, the Mother of God, so that in this Holy Year everyone "will come to know the closeness of Mary, the most affectionate of mothers, who never abandons her children" (*Spes non confundit*, 24).

C. Works of Mercy and Penance

The faithful will be able to obtain the Jubilee Indulgence if they visit, for an appropriate amount of time, their brothers and sisters who are in need or in difficulty (the sick, prisoners, lonely elderly people, disabled people...), in a sense making a pilgrimage to Christ present in them (cf. Mt 25, 34-36) according to the usual spiritual, sacramental and prayer conditions listed above.



Archdiocese of Kingston



Parish Pilgrimage

CELEBRATION OF THE EUCHARIST

OPENING HYMN

As Pilgrims of New Hope We Walk

Text: © 2024, John G. Hibbard.

Tune: ST. ANNE, CM.

1. As Pilgrims of new hope we walk
The path of Christ on earth
To celebrate God's saving grace,
Recalling our rebirth.
2. We journey in this Jubilee
With Christ, our God-made-flesh,
Who leads us as our Shepherd-guide
To pastures that refresh.
3. Creation's gift we celebrate;
Salvation we announce;
The Pledge of hope we live with joy,
As hatred we denounce.
4. With hope we sing our praise and thanks
And pray our love not cease
To aid the poor with generous hearts
In service to the least.
5. We fan the Spirit's flame of love
Where there is doubt and fear,
Instilling hope in all we meet,
As Pilgrims bringing cheer.
6. O Pilgrims, come and sing with hope
Of Christ and his Good News
And celebrate this Jubilee
With praise that is God's due.
7. All praise and thanks be to our God,
The Lord of heav'n and earth,
Who gives us hope for endless life
Through Christ in a new birth.

6. You are the Bread of life above
For those with faith and love;
To those believing in your word
A kingdom is conferred. **R.**

RECESSIONAL HYMN

O Pilgrims of New Hope Rejoice

Text: © 2025, John G. Hibbard.

Tune: ST. PETER, CM.

1. O pilgrims of new hope rejoice
For Christ has set us free
To praise our God and raise our voice
This year of Jubilee.
2. We are the people Christ redeemed
To be God's chosen race;
A sinful world he has reclaimed
To be God's dwelling place.
3. Our God with praise let us acclaim
For Christ restores our hope,
That Paradise we may regain,
Freed from sin's ancient yoke.
4. We go with hope and penitence
To care for those in need;
With luxuries let us dispense
To curb our wants and greed.
5. Let us repent our many sins
And know God's saving grace
Through Christ whose Cross and rising wins
The prize in heaven's race.
6. Let us surrender to the Lord,
That he may raise us up,
To marvel at the great reward—
Christ's living Bread and Cup.
7. Despite all wars and strife and storms
We praise the Trinity,
Whose Holy Spirit now transforms
The old this Jubilee.

3. This year we seek forgiveness
For blinded eyes and hearts,
For lives that gender sadness
With things that greed imparts.
Our care for God's creation
Expresses faith and love
For gifts of our salvation,
That come from God above.

COMMUNION HYMN

We Praise You, Lord, the Living Bread

Text: © 2013, John G. Hibbard; based on Jean-Paul Lécot, *C'est toi, Seigneur, le pain rompu.*

Tune: WINCHESTER OLD, CM.

- R.** We praise you, Lord, the living Bread,
Whose Blood for us was shed,
The Church's source of unity,
Who rose to set us free.
1. O Christ, the night you were betrayed,
You broke the bread and prayed:
This is my Body giv'n for you,
That you have life anew.
2. And on that night, you took the Cup
And said with eyes raised up:
Now take and drink, this is my Blood,
Shed as a saving flood. **R.**
3. We celebrate your saving death
And rising with new breath—
The Spirit's gift of life for all,
Who share in Adam's fall.
4. You are the Bread that will renew
The human race anew,
That you will raise us up to reign,
When you return again. **R.**
5. To those who search you freely give
The Bread that they may live;
So we believe your Flesh is life,
That conquers sin and strife.

GLORY TO GOD IN THE HIGHEST

Then, when it is prescribed, this hymn is either sung or said:

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

THE LITURGY OF THE WORD

RESPONSORIAL PSALM

89 (88): 20-21. 24, 26 R. 1a

R. Forever I will sing of your steadfast love, O Lord.

I have found my servant David;
with my holy oil I have anointed him;
my hand shall always remain with him;
my arm also shall strengthen him. **R.**

My faithfulness and steadfast love shall be with him,
and in my name his horn shall be exalted.
He shall cry to me, 'You are my Father,
My God, and the Rock of my salvation!' **R.**

I will make him the firstborn,
the highest of the kings of the earth.
Forever I will keep my steadfast love for him,
and my covenant with him will stand firm. *R.*

GOSPEL ACCLAMATION

Cf. 61:1 (Lk 4:18)

R. Alleluia, Alleluia
The Spirit of the Lord is upon me;
he has anointed me to proclaim good news to the poor.
R. Alleluia.

THE NICENE CREED

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

At the words that follow, all bow.

and by the Holy Spirit
was incarnate of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

PRAYER OF THE FAITHFUL

PREPARATION OF THE GIFTS

The Church's One Salvation

Text: © 2024, John G. Hibbard.

Tune: AURELIA, 76.76.D.

1. The Church's one salvation
Is Jesus Christ her Lord;
He is our hope and vision,
Our goal and true reward.
This is our faith and mission,
Announcing peace on earth,
That all will know redemption,
New life, new hope, new birth.
2. God's hope will not forsake us
Or disappoint our dreams,
That liberty and wholeness
Will come as flowing streams.
This Jubilee and journey
Begins a Year of Hope
To aid the poor and needy,
Removing every yoke.