

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

EUCCHARISTIC ADORATION

Exposition Hymn

Worship Christ, Who Veiled In Mystery

Text: © 2011, John G. Hibbard.

Tune: STUTGART or EN VOX CLARA, 87.87.

1. Worship Christ, who veil'd in myst'ry,
Is the Father's gift of grace,
Giving to the poor and weary
Food and drink for all our race.
2. Come and bow in adoration
As Christ's Body we behold:
Word made flesh to save the nations,
As the prophets had foretold.
3. Glorify our Lord and Saviour
In the Eucharistic Feast;
Here God satisfies our hunger
In the banquet of our Priest.
4. By his Flesh and Blood outpouring
Christ renews humanity;
So we come with love, adoring
Christ our hope and liberty.
5. Praise the Father, Son and Spirit,
God the holy Three-in-One;
Praise the life we now inherit
Through the death of Christ the Son.

Divine Praises

Leader: Blessed be God, the Father almighty.

All: **Blessed be the Creator of heaven and earth.**

Leader: Blessed be the Son of God, our risen Lord and Saviour.

All: **Blessed be Jesus Christ,
eternally begotten of the Father.**

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.

Benediction Hymn

This Great Sacrament

Text: Latin, *Tantum ergo*, Thomas Aquinas, 1227-1274; tr. © 2015, John G. Hibbard.

Tune: ST THOMAS, 87 87 87.

1. This great Sacrament we worship,
As we fall upon our knees,
For the ancient law and promise
Now gives way to newer rites,
Faith supplies the wondrous knowledge,
That the senses cannot grasp.
2. To the Father be all honour,
To the Son be joyous praise,
Adoration, health, salvation,
Blessing, strength and might as well;
Equal glory to the Spirit,
Who proceeded from them both.

Prayer: All respond: **Amen.**

Blessing: In silence the priest makes the sign of the cross with the Blessed Sacrament over all present.

Reposition: After the blessing the priest returns the Blessed Sacrament to the tabernacle.

Invocation to the Blessed Virgin Mary

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Leader: Blessed be Jesus, God from God
and Light from Light.

All: **Blessed be Jesus Christ, true God and true man.**

Leader: Blessed be Jesus, incarnate of the Holy Spirit.

All: **Blessed be the Son of Man,
born of the Virgin Mary.**

Leader: Blessed be his holy Passion.

All: **Blessed be his glorious Resurrection.**

Leader: Blessed be his Ascension into glory.

All: **Blessed be Jesus, seated at the right hand
of the Father.**

Leader: Blessed be Jesus, in the most holy
Sacrament of the altar.

All: **Blessed be his most precious Body and Blood.**

Leader: Blessed be the Holy Spirit, the Paraclete.

All: **Blessed be the Lord and Giver of life.**

Leader: Blessed be God in the Church
and throughout creation.

All: **Blessed be God in his angels and in his saints.**

Leader: Blessed be the holy Trinity.

All: **Blessed be the Father, and the Son,
and the Holy Spirit.**

Prayer

All respond: **Amen.**

ADORATION

A period of time for personal prayer follows the Exposition, interspersed with a Scripture Reading, Responsorial Psalm, the Creed and Intercessions.

Scripture Reading

A reading from Holy Scripture is proclaimed.

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.*

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.

Intercessions

Petitions and prayers for the Pope, Church, world and those in need are
now offered.

The Lord's Prayer