

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 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.

To the Holy Door in Rome: To the Holy Land; or 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

Liturgy of Hours

INTRODUCTION

A - In Lent

Leader: Lord, open our lips.

All: **And we shall proclaim your praise.**

Leader: Glory to God in the highest.

All: **And peace to God's people on earth.**

Or: B - outside of Lent

Leader: O Lord, open our lips.

All: **And we shall proclaim your praise.**

**Glory to the Father, and to the Son,
and to the Holy Spirit.**

**As it was in the beginning,
is now and will be for ever. Amen. Alleluia!**

HYMN

Lift Up Your Heads and See

Text: © 2024, John G. Hibbard.

Tune: FRANCONIA or FESTAL SONG, SM.

1. Lift up your heads and see
Salvation is at hand,
For Christ restores his people's hope,
Revealing God's great plan.
2. Now hear the Shepherd's voice,
Who calls his flock to life
And fills them with the Spirit's hope
In place of evil's strife.
3. As Pilgrims of new hope,
We rise above all greed
To put aside all fear and strife,
Embracing all in need.
4. This Jubilee instills
A burning flame of love,
That strengthens hope in all our hearts
With thoughts of heav'n above.
5. Through illness, greed and doubt
We heed the Saviour's words,
That promise life and peace of heart,
When'er his name is heard.

INTERCESSION

The Prayer of the Faithful follows, concluding with the Lord's Prayer and the Collect.

DISMISSAL

Leader: May the Lord bless us, protect us from all evil
and bring us to life everlasting. **R. Amen.**

CLOSING HYMN

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.
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.

The Our Father, three Hail Marys and one Glory be are recited for the intentions of the Holy Father:

Glory to the Father and to the Son
and to the Holy Spirit;
As it was in the beginning, is now,
and will be forever. Amen.

A short time of silence is observed.

All: Blessed be the Holy Spirit who, revealed in the
Incarnation, has made us heirs through Baptism of
the hope of eternal life.

WORD OF GOD

READING

GOSPEL CANTICLE

Luke 1:46-55

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour
for he has looked with favour on his lowly servant.

From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.

Glory to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning, is now,
and will be forever. Amen.

6. Give thanks for faith and hope
And love that Christ imparts
To guide our journey in his way,
As pilgrims with new hearts.

7. Give glory to our God,
The source of our new hope,
Who calls us to a life of joy
With Christ who reigns above.

PRAISE

PSALM 111

Leader: Blessed be the Father who, by sending his Word,
made him the sign of hope and the sacrament of redemption for
humanity.

All:
I will thank the Lord with all my heart
in the meeting of the just and their assembly.

Great are the works of the Lord,
to be pondered by all who love them.
Majestic and glorious his work,
his justice stands firm for ever.

He makes us remember his wonders.
The Lord is compassion and love.
He gives food to those who fear him;
keeps his covenant ever in mind.

He has shown his might to his people
by giving them the land of the nations.

His works are justice and truth,
his precepts are all of them sure,
standing firm for ever and ever;
they are made in uprightness and truth.

He has sent deliverance to his people
and established his covenant for ever.
Holy his name, to be feared.

To fear the Lord is the first stage of wisdom;
all who do so prove themselves wise.
His praise shall last for ever!

Glory to the Father and to the Son
and to the Holy Spirit;
As it was in the beginning, is now,
and will be forever. Amen.

All: Blessed be the Father who, by sending his Word,
made him the sign of hope
and the sacrament of redemption for humanity.

A short time of silence is observed.

Psalm 8

Leader: The Lord is our help and our shield. In him do our hearts find joy;
we trust in his holy name.

All:
How great is your name, O Lord our God,
through all the earth!

Your majesty is praised above the heavens;
on the lips of children and of babes
you have found praise to foil your enemy,
to silence the foe and the rebel.

When I see the heavens, the work of your hands,
the moon and the stars which you arranged,
what is man that you should keep him in mind,
mortal man that you care for him?

Yet you have made him little less than a god;
with glory and honour you crowned him,
gave him power over the works of your hands,
put all things under his feet.

All of them, sheep and cattle,
yes, even the savage beasts,
birds of the air, and fish
that make their way through the waters.

How great is your name, O Lord our God
through all the earth!

Glory to the Father and to the Son
and to the Holy Spirit;
As it was in the beginning, is now,
and will be forever. Amen.

All: The Lord is our help and our shield. In him do our
hearts find joy; we trust in his holy name.

A short time of silence is observed.

Canticle – Colossians 1:12-20

Leader: Blessed be the Holy Spirit who, revealed in the Incarnation, has
made us heirs through Baptism of the hope of eternal life.

All:
Let us give thanks to the Father
for having made you worthy
to share the lot of the saints in light.

He rescued us from the power of darkness
and brought us into the kingdom of his beloved Son.
Through him we have redemption,
the forgiveness of our sins.

He is the image of the invisible God,
the first-born of all creatures.
In him everything in heaven and on earth was created,
things visible and invisible.

All were created through him;
all were created for him.
He is before all else that is.
In him everything continues in being.

It is he who is head of the body, the church;
he who is the beginning,
the first-born of the dead,
so that primacy may be his in everything.

It pleased God to make absolute fullness reside in him
and, by means of him, to reconcile everything in his person,
both on earth and in the heavens,
making peace through the blood of his cross.