

Grace Upon Grace: A Lourdes Letter Spiritual Supplement

Great Treasures of the Catholic Church — The Indulgence and The Apostolic Pardon

Plenary and Partial Indulgences

What is an Indulgence?

“An indulgence is a remission before God of the temporal (non-eternal) punishment due to sins whose guilt has already been forgiven,” (CCC 1471). There are two types of indulgences: plenary and partial. A **Plenary Indulgence** removes all of the temporal (temporary or non-eternal) punishment due to sin; a **Partial Indulgence** removes some of the temporal punishment. If the conditions are not all fulfilled, a plenary indulgence can become a partial indulgence.

Why do we have Indulgences?

Indulgences are special graces that can rid us of temporal punishment. Sin has a double consequence: temporal (in this life or in Purgatory) or eternal punishment. Jesus Christ lovingly sacrificed Himself for the salvation of humanity, paying the price for eternal punishment. However, consequences of our sin remain. To enter Heaven, we must be completely purified of our sin *and the temporal punishment*. Satisfaction for temporal punishment can be fulfilled in this life or in Purgatory.

How can we obtain an Indulgence?

A person must be a baptized Catholic, in a state of grace, fulfill the conditions and have the intention of receiving the indulgence. An indulgence can be for ourselves or can be offered for someone who has died, interceding for them in Purgatory.

To be granted an indulgence, the faithful must fulfill the usual conditions:

- † complete detachment from sin
- † receive the Sacrament of Reconciliation
- † receive Holy Eucharist
- † pray for the intentions of the Holy Father

It is preferred the conditions be fulfilled on the same day as indulgence act: Lourdes Virtual Pilgrimage Experience or Pilgrimage to Lourdes with Our Lady of Lourdes Hospitality North American Volunteers or praying the Rosary in Church or with an Association or group, Adoration of the Blessed Sacrament or reading the Bible for 30 minutes; but it is sufficient the conditions be carried out within 21 days before or after. During this extraordinary time of the world-wide pandemic, the time is extended until the faithful have access to the Sacraments and Church.

Apostolic Pardon for the Dying

What is an Apostolic Pardon?

The Apostolic Pardon is a prayer usually prayed by the priest for a dying person and is often done at the time of Viaticum (Holy Communion at the time of death).

The prayer may take one of two forms:

† “Through the holy mysteries of our redemption, may Almighty God release you from all punishments in this life and the life to come. May He open to you the Gates of Paradise and welcome you into everlasting joy.”

† “By the authority which the Apostolic See has given me, I grant you a full pardon and the remission of all your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Handbook of Indulgences #28: “Priests who minister the sacraments to the Christian faithful who are in a life-and-death situation should not neglect to impart to them the Apostolic Blessing with its attached indulgence. If a Catholic priest cannot be present, holy mother Church lovingly grants such persons, who are rightly disposed, a plenary indulgence to be obtained in articulo mortis (at the approach of death), provided they regularly prayed, in some way, during their lifetime. The use of a crucifix or a cross is recommended in obtaining this Plenary Indulgence. The three usual conditions required to gain a Plenary Indulgence are substituted by the condition ‘provided they regularly prayed in some way’.”

For more information about the Apostolic Pardon, please consult your parish priest, contact us at Our Lady of Lourdes Hospitality North American Volunteers, consult the Catechism of the Catholic Church (CCC), visit the Vatican website (www.vatican.va) or consult the Apostolic Constitution Indulgentiarum.

For more information and inspiration of Lourdes: please register and become a member by calling us or visit us at: www.LourdesVolunteers.org.

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1. Feeling Afraid?

Bernadette was also afraid just before the first apparition. Making the Sign of the Cross with all of her heart like the "most beautiful lady" in the Grotto, Bernadette was no longer frightened.

† In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

2. Feeling Unhappy?

Our Lady said, "I do not promise you the happiness of this world, but of the other world." Like Bernadette, none of us are promised "happiness" here. It is in carrying our cross united to His Cross that we can find JOY!

"I shall do everything for Heaven, my true home." St. Bernadette

3. Suffering?

Like each of us, Bernadette already had suffering in her life. Penance can be a suffering or sacrifice, a prayer or a good work offered for someone away from God.

"One who loves does not notice their trials; or perhaps more accurately, is able to love them."

4. Why me?

St. Bernadette said, "If the **GOOD GOD** allows it, there must be something good in it for me. "

"Suffering passes . . . to have suffered remains eternally."

5. Feeling Hopeless?

Believe in miracles!

The miracles of the Gospels are true—and continue today at Lourdes! Over 7,000 scientifically documented medically inexplicable cures remain on file in Lourdes of which the Catholic Church has proclaimed 70 as miracles.

*"With God, all things are possible."
Matthew 19:26*

10
Lourdes
Lessons



to Help
During
Difficult
Times

6. Feeling stressed?

Love is the answer! As the daughter of a miller, measurement was crucial between profit and loss, keeping or losing a business. Having lost their family business, Bernadette knew this significance of measurement, yet she opened her heart to **love with God** beyond just our human capability of love. *"Love, without measure..."*

St. Bernadette

7. Feeling Confined?

When asked if she missed the Grotto after leaving Lourdes for religious life never to return again, Bernadette responded, "Every day I go to the Grotto in my heart and make my pilgrimage there!"

Imagine the Grotto... go there now, deep into that interior quiet of your own heart!

8. Difficulty Breathing or Stomach Problems?

Bernadette suffered from asthma and stomach problems after the cholera and tuberculosis outbreaks. You have a friend in Heaven, who understands and a holy intercessor in St. Bernadette of Lourdes!

"I will forget no one!" St. Bernadette

9. Feeling Alone?

Prayer is a conversation between us and God. Jesus never refuses His mother—ask her to pray with you, like she did with Bernadette every time they met in the Grotto! She is real. She is listening. She is our mother!

"She spoke to me as one person to another..." St. Bernadette

10. Lourdes Water

When Bernadette was asked how much Lourdes Water is needed, she replied,

"One drop and faith!"

To receive Lourdes water, visit LourdesVolunteers.org or call (315) 476-0026.

