

Celebrate the Ordinary!



During Ordinary Time, we spread the Gospel and do the simple acts of charity that help us grow towards God. One of the great acts of charity is to assist those who are helpless. The souls in Purgatory are helpless to help themselves. That's where we come in. Pope John Paul II created special indulgences for the Year of the Eucharist 2005 and the Jubilee Year 2000 to give us even more opportunities to help others as we live our day-to-day lives. Pope Benedict XVI also created new indulgences in his first year.

What are Indulgences?

God sent us into the world to make the world a better place. Unfortunately, my sins make it worse. When I sin, I do two things: I take grace away from (1) myself and (2) the rest of the world. Because my sin takes away my power to be joyful, I do not have the power to treat others well. The sacrament of reconciliation restores *me* to a state of joyful grace, but the people I mistreated still suffer from my earlier lack of grace. How do I repair *that* damage? And I must repair that damage – God intends me to make the world a better place, and I must do His will. In fact, I cannot enter heaven until I have. The world must be free from the suffering my sins have caused.

I have two choices if I wish to heal the world: I can share in the healing work of the Cross either in Purgatory or through indulgences. An indulgence (partial or plenary) is a prayerful act I can do today that restores part or all of the grace the world *would* have enjoyed if I had never sinned. However, to be worthy of sharing in this healing work of Christ, I must first be in a state of grace.



To perform a partial indulgence, I need only be in a state of grace when doing the work.

To perform a plenary indulgence, I must be in a state of grace when doing the work, receive confession, receive the Eucharist, pray for the Pope's intentions (an Our Father and a Hail Mary is sufficient), and make an act of the will to love God and despise all sin, even the most venial

Plenary Indulgences for Ordinary Time

Corpus Christi Sunday: Praying the Tantum Ergo may earn a plenary indulgence. (see reverse).

Feast of the Sacred Heart: Praying the Act of Reparation to the Sacred Heart of Jesus on the Solemnity of the Sacred Heart may earn a plenary indulgence (see reverse side).

Feasts of St. Peter and Paul, June 29: Devout use of a religious article blessed by a bishop, along with the recitation of any approved profession of faith (e.g., the Apostles' Creed) on the feasts of St. Peter and Paul may earn a plenary indulgence.

Feast of St. Eusebius, August 2: Devoutly visiting a parish church on its titular feast day or on August 2, the day of the Portciuncula indulgence, may earn a plenary indulgence if an our Father and Credo is recited. (see reverse side).

Act of Reparation to the Sacred Heart of Jesus

Most sweet Jesus, You have bestowed on men the benefits of Your charity, but their ingratitude only responds with forgetfulness, negligence and spite. Thus here we prostrate ourselves before Your altar, inspired by the desire to make reparation through a special homage for their culpable indifference and the outrages which, in all ways, they oppress Your most loving Heart.

Nevertheless, we remember that we ourselves have been guilty of unworthy conduct in the past, and filled with profound sorrow, we implore Your mercy for us first of all. By voluntary expiation, we are ready to atone for the faults we have committed, ready also to expiate for those who, led astray from the way of salvation and remaining obstinate in their infidelity, refuse to follow You, their Shepherd and chief, thus throwing off the yoke of Your law and trampling the promises of their Baptism.

We would like to expiate for too many lamentable faults, making reparation for each of the following: our disorderly conduct, indecent fashions, scandalous corruption of innocent souls, profanation of Sundays and feasts, detestable blasphemies against You and against Your Saints, insults to your Vicar and to Your priests, reckless violations and odious sacrileges to the divine Sacrament of Your love, and finally the public sins of nations who revolt against the rights and authority of Your Church.

If only we could erase so many offenses with our own blood! At the least we wish to make reparation to Your outraged honor. We present to You even the satisfaction that You have offered to Your Father on the Cross, and the offering You have renewed each day on the altar. We present that sacrifice to You, accompanied with all the acts of atonement made by the Most Holy Virgin Your Mother, the Saints, and by faithful Christians. We promise You with all of our hearts, with the help of Your grace, to use all our means to do penance for our past faults and those of our neighbor. By the fervor of our faith, the purity of our life, and by perfect docility to the precepts of the Gospel, we desire to atone for the indifference toward such a great love, to which belongs all charity. We also promise You to make every effort to spare You new offenses and to lead the most souls possible to follow You.

Agreed, we offer You in this matter, O most good Jesus, by the intercession of the gracious Virgin Mary, Reparatrix, this spontaneous homage of expiation. Guard us until death, keeping us unshakably faithful to our duty and to Your service. Accord to us this precious gift of perseverance, which leads us finally to our native land where, with the Father and the Holy Spirit, You reign, God, forever and ever.

Amen.

Tantum Ergo

Down in adoration falling,
Lo! The Sacred host we hail.
Lo! O'er ancient forms departing,
Newer rites of Grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

To the Everlasting Father
And the Son Who reigns on high,
With the Spirit blessed proceeding
Forth, from Each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.

Portions of this flier are taken from *The Keys to Grace Calendar of Indulgences 2005*

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