

## ABOUT PLENARY INDULGENCES

*(A plenary indulgence can only be applied to oneself or to a soul in purgatory.)*

To be able to gain an indulgence, one must have the intention to gain them, and perform the works at the time and in the manner prescribed. ***If one's disposition is less than perfect, or if some of the conditions are not fulfilled, the indulgence becomes partial.***

To obtain a Plenary Indulgence (***only one per day***), the faithful must:

- **be in the state of grace;**
- **have the interior disposition of complete detachment from sin, even venial sin;**
- **fulfill the following 3 conditions along with the prescribed act:**
  1. have sacramentally confessed their sins within 20 days before or after the pious act is performed,
  2. receive Holy Eucharist on that day (it is certainly better to receive it while participating in Holy Mass, but for the indulgence only Holy Communion is required);
  3. and recite **prayers for the intentions of the Supreme Pontiff:**  
1 Our Father; 1 Hail Mary; 1 Glory Be,  
(but any other additional prayers may be added).

**One sacramental Confession suffices for several plenary indulgences, but a separate Holy Communion and a separate prayer for the Holy Father's intentions are required for each plenary indulgence.**

It is appropriate, but not necessary, that the sacramental Confession and especially Holy Communion and the prayer for the Pope's intentions take place on the same day that the indulgenced work is performed; but it is sufficient that these sacred rites and prayers be carried out within several days (about 8) before or after the indulgenced act.