

# JUBILEE OF HOPE 2025

## HOW TO OBTAIN THE JUBILEE INDULGENCE

### TWO STEP PROCESS

In order to obtain the Jubilee indulgence, a two-step process is required: first, the regular conditions must be fulfilled, and second, the extra Jubilee activity must be accomplished.

### FIRST

One needs to be in a state of grace, have confessed within the past 20 days, make a resolution to detach from any sin, receive Holy Communion, and say a prayer (e.g., Our Father) for the intentions of the Pope.

### SECOND

Once the conditions are fulfilled, one can choose from multiple ways to obtain the indulgences.

### EUCCHARISTIC ADORATION

By spending time in Eucharistic adoration, concluding with the Our Father, a Profession of Faith, and prayers to Mary at any of the designated Jubilee sites.\*

### PILGRIMS IN SPIRIT

For those who are impeded by serious reasons (the elderly, sick, prisoners, caregivers etc.) they can get the indulgence by uniting spiritually with pilgrims, through media, and reciting an Our Father and Creed, "offering up their sufferings or the hardships of their lives."

### FORMATION

By participating in a study on the Vatican II documents or the Catechism, held in a church or other suitable place, "according to the mind of the Holy Father."

### ACTS OF MERCY

By visiting and spending the time with the sick, prisoners, lonely elderly, the disabled – "making a pilgrimage to Christ present in them", or donating a proportionate sum of money to the poor.

### FASTING

In a spirit of penance, give up "futile distractions" (real or online) and "superfluous consumption" (through fasting, abstinence or almsgiving) for at least one day.

### VOLUNTEERING

Support efforts defending life at all stages or helping abandoned children, struggling youth, the needy, lonely elderly or migrants, or by acts of community service.

### LITURGIES AT HOLY SITES

By participating in Mass, Liturgy of the Hours, Stations of the Cross, the Rosary, a penitential celebration, or a celebration of the Word of God at any of the designated Jubilee sites.\*

### IMPORTANT REMARK

You can obtain the Jubilee indulgence when you participate in the Holy Mass at any of the four designated Jubilee sites in the diocese\*, provided that you are in the state of grace, you have confessed your sins in the past 20 days, you have a desire to detach from all sins, and to pray a Creed together with a prayer for the Pope's intentions.



### \* JUBILEE SITES

by Decree of Most Rev. Héctor Vila,  
Bishop of Whitehorse

**Sacred Heart Cathedral – Whitehorse, YT**  
**St. Mary Parish – Dawson City, YT**  
**St. Ann Catholic Mission – Watson Lake, YT**  
**Our Lady of Sorrows Parish – Fort Nelson, BC**

