



WILLIAM T. MCGRATTAN



BISHOP *of* CALGARY

DECREE

OUTLINING THE REQUIREMENTS FOR THE RECEPTION OF INDULGENCES RELATED TO THE JUBILEE YEAR 2025 IN THE DIOCESE OF CALGARY

A Plenary Indulgence may be received in the Diocese of Calgary by doing the following during the period from December 29, 2024 through December 31, 2025:

At least once during the Holy Year:

- Receive sacramental confession and absolution
- Receive Holy Communion

And, while striving to be free from attachment to sin, carry out any of the following:

- 1) Make a pilgrimage visit, whether individually or as a group (family, parish, co-workers, etc.), to either St. Mary's Cathedral, Calgary, or The Shrine Church of Our Lady of the Rockies, Canmore, and while visiting those sites take time for prayer specifically for the intentions of the Holy Father.
- 2) Make a pilgrimage visit to St. John the Evangelist Ordinariate Parish, Calgary, and while visiting this church take time for prayer specifically for the intentions of the Holy Father.
- 3) Attend any of the Masses with Apostolic Blessing by Bishop William T. McGrattan on:
 - a. March 19, Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary, at St. Mary's Cathedral, Calgary
 - b. August 22, Memorial of the Queenship of the Blessed Virgin Mary at the Shrine Church of Our Lady of the Rockies, Canmore
 - c. December 8, Solemnity of the Immaculate Conception of the Blessed Virgin Mary at St. Mary's Cathedral, Calgary
- 4) Those who are truly repentant of sin, but who cannot participate in diocesan pilgrimages, can receive the Jubilee Indulgence by prayerfully reciting the Our Father and any approved version of the Profession of Faith (Creed), and also praying for the intentions of the Holy Father. Those who are homebound due to age, illness, imprisonment,

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etc., may also offer up their suffering as a prayer for others and/or for the poor souls in purgatory.

- 5) Visit for an appropriate amount of time family members, neighbours or friends who are in need (such as the sick, lonely elderly people, the disabled, prisoners, etc.). This visit is to be made with a vibrant awareness of Christ's presence in these persons in need.
- 6) Carry out personal acts of penance for an entire day (particularly Fridays), such as:
 - Abstain from eating meat
 - Abstain from futile distractions (such as entertainment, social media, etc.)
 - Abstain from unnecessary consumption of food or drink (fasting)
- 7) Carry out significant acts of charity such as:
 - Contribute to the poor
 - Support the homeless, the orphan, the migrant or refugee, etc.
 - Contribute a significant amount of one's free time to worthy volunteer activities in support of human life and dignity

During the Jubilee Year an individual may receive one Plenary Indulgence per day, and may apply that indulgence to themselves or to a deceased person.

Given at the Chancery
of the Diocese of Calgary
on this 24th Day of February, 2025



✠ William T. McGrattan
Bishop of Calgary



Rev. Nathan Siray
Chancellor