The Lokhorst Group

Pilgrimage

Journeying towards renewal

What Is a Pilgrimage?

"Pilgrimages evoke our earthly journey toward heaven and are traditionally very special occasions for renewal in prayer" (2691, Catholic Church, 2000). A pilgrimage is more than a journey to a holy place; it is a journey of the heart, a moment to seek spiritual renewal and draw closer to the Lord. As we walk in prayer and contemplation, may we be strengthened in faith, unburdened by past struggles, and inspired to bring Christ's light into the world.

- Bishop Gordon, Victoria, BC

Plenary Indulgence

Remission of the temporal punishment due to sins whose guild has already been forgiven

- sin leaves a sort of stain on the soul
- time in purgatory expiates or erases that stain
- a plenary indulgence clears the time requirement

What is a pilgrimage?

- an earned plenary indulgence
- consists of:
  - eucharist
  - penance (reconciliation)
  - prayer

Form of a Pilgrimage

Detachment from sin:

- desist from sinful behaviour
  - mortal
  - venial
- visit a pilgrimage site
  - dedicated by Pope Francis
  - dedicated by a local Bishop
- attend Holy Mass (ideally at the pilgrimage site) or:
  - celebration of the Word of God
  - Liturgy of the Hours
  - Way of the Cross
  - Rosary
  - Penitential Celebration with individual confession
  - Confession at the same time or within ~20 days of visiting the pilgrimage site.
- Pray for the Intentions of the Pope with one of each:
  - Our Father
  - Hail Mary

The Jubilee Prayer

Dedicated for the 2025 Jubilee of Hope

Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.

May your grace transform us
into tireless cultivators of the seeds of
the Gospel.

May those seeds transform from within
both humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil
vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.

May that same grace spread
the joy and peace of our Redeemer
throughout the earth.

To you our God, eternally blessed,
be glory and praise for ever.

Amen

More on Plenary Indulgences

Only one plenary indulgence can be obtained per day, but a second is possible if applied to souls in purgatory.

Each indulgence requires a separate Communion and prayer, ideally on the day of the indulgenced act.

*see related infographic(s)

Recommendations to add to the List? Let us know at the address below

For more information about Jubilee 2025, see https://www.rcdvictoria.org/jubilee-2025 and https://www.archtoronto.org/en/offices-and-ministries/sub-sites/year-of-prayer/home/plenary-indulgence/#:~:text=An%20indulgence%20is%20the%20remission,Church%2C%20paragraphs%201471%20%E2%80%93%201479. For more information about indulgences, see https://www.vatican.va/content/catechism/en/part_two/section_two/chapter_two/article_4/x_indulgences.html#1109 , and https://www.vatican.va/roman_curia/tribunals/apost_penit/documents/rc_trib_appen_pro_20000129_indulgence_en.html .

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The Edge

Learning and growing beyond the Edge of our knowledge and understanding of how behaviour influences culture

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