

## Forgiveness of sins & Plenary indulgence

Bishop LaValley offered us the following resource from the USCCB: The Care of Souls and the Forgiveness of Sins During This Pandemic. Given the current difficulty one encounters in celebrating the Sacrament of Reconciliation, the Holy See has offered recourses to the faithful:

1. “Where the individual faithful find themselves in the painful impossibility of receiving sacramental absolution, it should be remembered that perfect contrition, coming from the love of God, expressed by a sincere request for forgiveness and accompanied by the firm resolution to have recourse, as soon as possible, to sacramental confession, obtains forgiveness of sins, even mortal ones (cf.CCC, 1452).”

Perfect contrition requires

1. Love of God
2. The sincere desire for forgiveness
3. The ardent commitment to receive the sacrament of reconciliation when available.

2. “The gift of special Indulgences is granted to the faithful suffering from COVID-19 disease (coronavirus), as well as to health care workers, family members and all those who in any capacity, including through prayer, care for them”

- This is a time of suffering, especially for those who have contracted COVID-19. As such, it may be a time for us to “rediscover ‘the same redemptive suffering of Christ’ ( Salvifici doloris, 30).” Trusting in Christ,
- A Plenary indulgence is “granted to the faithful suffering from Coronavirus, who are subject to quarantine by order of the health authority in hospitals or in their own homes if, with a spirit detached from any sin, they unite spiritually through the media to the celebration of Holy Mass, the recitation of the Holy Rosary, to the pious practice of the Way of the Cross or other forms of devotion, or if at least they will recite the Creed, the Lord’s Prayer and a pious invocation to the Blessed Virgin Mary, offering this trial in a spirit of faith in God and charity towards their sisters and brothers, with the will to fulfil the usual conditions (sacramental confession, Eucharistic communion and prayer according to the Holy Father’s intentions), as soon as possible.”
- “Health care workers, family members and all those who, following the example of the Good Samaritan, exposing themselves to the risk of contagion, care for the sick of Coronavirus according to the words of the divine Redeemer: ‘Greater love has no one than this: to lay down one’s life for one’s friends’ ( Jn 15:13), will obtain the same gift of the Plenary Indulgence under the same conditions.”

3. An indulgence is “the expression of the Church’s full confidence of being heard by the Father when – in view of Christ’s merits and, by His gift, those of our Lady and the saints – she asks Him to mitigate or cancel the painful aspect of punishment by fostering its medicinal aspect through other channels of grace” ( John Paul II, General Audience, Sept. 29, 1999).