

HELPING SOULS IN PURGATORY - NOVEMBER CHEAT SHEET

WHAT IS AN INDULGENCE?

INDULGENCE: The remission of temporal punishment due to sins already forgiven

TWO TYPES:

PARTIAL INDULGENCE

- Removes **SOME** temporal punishment
- Can be gained multiple times per day
- Still very helpful for souls in Purgatory

PLENARY INDULGENCE

- Removes **ALL** temporal punishment
 - Applied to a soul in Purgatory = could release them to Heaven instantly!
 - Generally only **ONE** per day (exceptions exist)
 - **REQUIRES PERFECT FULFILLMENT OF ALL 4 CONDITIONS**
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THE 4 NON-NEGOTIABLE CONDITIONS

(Required for ALL Plenary Indulgences)

CONDITION	DETAILS
1. SACRAMENTAL CONFESSION	• Within 20 days before/after the indulgenced work • Must be free from mortal sin • ONE confession covers MULTIPLE indulgences
2. HOLY COMMUNION	• Receive the Eucharist • Within 20 days before/after • SEPARATE Communion for EACH plenary indulgence
3. PRAYER FOR POPE'S INTENTIONS	• Minimum: 1 Our Father + 1 Hail Mary • Can pray any prayers per personal devotion • SEPARATE prayer for EACH plenary indulgence
4. COMPLETE DETACHMENT FROM ALL SIN	• Zero attachment to ANY sin (even venial) • Unwilling to cling to any sin • Interior disposition of total surrender • MUST be true for EACH plenary indulgence

⚠ CRITICAL NOTE:

If ANY condition is imperfect or incomplete = Automatic **PARTIAL** indulgence (not plenary)

NOVEMBER 1-8: PLENARY INDULGENCE OPTIONS

OPTION 1: CEMETERY VISIT INDULGENCE

AVAILABLE: November 1-8 (ONCE PER DAY)

WHAT TO DO:

1. ✓ **Devoutly visit a cemetery**
2. ✓ **Pray for the departed** (even mentally/silently)
3. ✓ **Fulfill all 4 conditions**

YOUR DAILY GAMEPLAN (Nov 1-8):

BEFORE NOVEMBER 1:

- Go to **Confession** (covers entire octave!)

EACH DAY (Nov 1-8):

- **Attend Mass** and receive Communion
- **Pray** 1 Our Father + 1 Hail Mary for Pope's intentions
- **Visit cemetery** and pray for the dead
- **Maintain** complete detachment from all sin

RESULT: Up to **8 plenary indulgences** = 8 souls potentially helped!

OPTION 2: CHURCH VISIT INDULGENCE

AVAILABLE: November 2 (All Souls Day) *Can also be November 1, or transferred to Sunday before/after by bishop*

WHAT TO DO:

1. ✓ **Devoutly visit a church or oratory**
2. ✓ **Recite 1 Our Father**
3. ✓ **Recite the Apostles' Creed OR Nicene Creed**
4. ✓ **Fulfill all 4 conditions**

BONUS STRATEGY FOR NOVEMBER 2:

MORNING:

- Cemetery visit + prayers + 4 conditions = **Plenary Indulgence #1**

AFTERNOON/EVENING:

- Church visit + Our Father + Creed + 4 conditions = **Plenary Indulgence #2**

REMEMBER: Need separate Communion and separate prayers for Pope for each!

RESULT: 2 plenary indulgences on November 2 = 2 souls potentially helped!

QUICK REFERENCE: WEEK 1 MAXIMUM IMPACT

DATE	CEMETERY VISIT	CHURCH VISIT	TOTAL POSSIBLE
Nov 1	✓ Yes	✓ Optional	1-2 indulgences
Nov 2	✓ Yes	✓ YES!	2 indulgences
Nov 3-8	✓ Yes (daily)	–	1 per day
TOTAL	8	1-2	9-10 plenary indulgences possible!

OTHER WAYS TO HELP SOULS IN PURGATORY

1. THE HOLY SACRIFICE OF THE MASS (Supreme Suffrage!)

MOST POWERFUL WAY TO HELP

METHOD	HOW TO DO IT
Have Masses Offered	• Contact parish office • Request Mass for deceased loved one • Give Mass stipend (\$10-20) • Priest offers that Mass for your intention
Gregorian Masses	• 30 consecutive Masses for one soul • Tradition: soul will be released from Purgatory • Contact religious communities
Attend Mass	• Attend any Mass with intention for Holy Souls • Offer your participation for specific souls • Unite prayers with Christ's sacrifice

2. PARTIAL INDULGENCES (Available All Month!)

PRAYER/ACTION	HOW OFTEN	DETAILS
Eternal Rest Prayer	Unlimited daily	"Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace."
Office of the Dead	Daily	Recite Lauds (morning) or Vespers (evening)
Cemetery Visits	Anytime after Nov 8	Partial indulgence continues throughout November

3. THE HOLY ROSARY FOR THE SOULS

ASSIGN EACH DECADE:

- Decade 1:** Forgotten souls (no one praying for them)
- Decade 2:** Your family and friends
- Decade 3:** Priests and religious
- Decade 4:** Those who died suddenly without preparation
- Decade 5:** Souls nearest to Heaven

BONUS: When prayed in church, as family, or in group = can gain plenary indulgence with 4 conditions!

4. OTHER POWERFUL PRAYERS

PRAYER	DETAILS
Divine Mercy Chaplet	Offer with intention for Holy Souls
Stations of the Cross	Do specifically for Purgatory souls Public Stations = plenary indulgence possible with 4 conditions
De Profundis (Psalm 130)	"Out of the depths I cry to you, O Lord..." Church's official prayer for the dead
Prayer of St. Gertrude	"Eternal Father, I offer You the most precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the souls in Purgatory."

5. SACRIFICES & GOOD WORKS

OFFER UP DAILY:

- Physical discomfort, headaches, pain
- Inconveniences and frustrations
- Traffic, delays, rudeness from others
- Fasting from favorite foods/drinks
- Abstaining from entertainment
- Patient endurance of difficulties

KEY: Unite to Christ's suffering and offer specifically for souls in Purgatory!

6. ALMSGIVING & WORKS OF MERCY

TRADITIONAL PRACTICE:

- Give generously to the poor throughout November
- Donate in memory of deceased loved ones

- Give cost of meals/purchases for the souls
 - Support Church ministries in someone's name
 - Perform corporal & spiritual works of mercy
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7. TRADITIONAL WEEKLY ASSIGNMENTS

DAY	PRAY FOR
Sunday	Most destitute souls
Monday	Souls nearest to Heaven
Tuesday	Souls farthest from Heaven
Wednesday	Souls richest in merits
Thursday	Souls devoted to the Blessed Sacrament
Friday	Souls devoted to Christ's Passion
Saturday	Souls devoted to the Blessed Virgin Mary

QUICK TROUBLESHOOTING

Q: Can't get to cemetery during Nov 1-8?

A: During COVID, Vatican allowed homebound to gain indulgence by praying before image of Jesus/Mary, offering up illness, praying Rosary/Divine Mercy/Office of the Dead

Q: Can't attend daily Mass?

A: Focus on partial indulgences, prayers, sacrifices—something is better than nothing!

Q: Forgot to pray for Pope?

A: Indulgence becomes partial (still helpful!). Be more careful next time.

Q: Not sure about detachment from sin?

A: Go to Confession, examine conscience thoroughly, pray for grace to surrender all attachments

Q: Can I apply indulgence to myself?

A: Yes for the living, but November's special indulgences are specifically for souls in Purgatory only

REMEMBER:

† Every prayer helps!

† Every Mass helps!

† Every sacrifice helps!

† Souls in Purgatory cannot help themselves—they need YOU!

† Those you help become your best friends in Heaven!

"It is a holy and wholesome thought to pray for the dead, that they may be loosed from sins." - 2 Maccabees 12:46

"Since the faithful departed now being purified are also members of the same communion of saints, one way we can help them is to obtain indulgences for them." - Catechism of the Catholic Church, 1479