



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

CONDITION N.4: COMMUNION

"I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever. And the bread that I will give for the life of the world is my flesh." (Jean 6,51).

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*"Happiness is looking towards God...
To be always united with Jesus: that is my life plan. The Eucharist is my highway to heaven. The more often we receive the Eucharist, the more we become like Jesus ... When we face the sun, we get a tan... but when we stand before Jesus in the Eucharist we become saints."*

Carlo Acutis, Saint Carlos Acutis in April 2025

CONDITION N.5: PRAY FOR THE INTENTIONS OF THE HOLY FATHER

«O God, who chose your servant Francis, in succession to the Apostle Peter as shepherd of the whole flock, look favourably on the supplications of your people and grant that, as Vicar of Christ on earth, he may confirm his brethren and that the whole Church may be in communion with him in the bond of unity, love and peace, so that in you, the shepherd of souls, all may know the truth and attain life eternal. Through our Lord Jesus Christ, your Son. Amen.»

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*'Please don't forget to pray for me.
My work is not easy.'*

POPE FRANCIS

PRAY AN I BELIEVE IN ONE GOD...
OUR FATHER...
HAIL MARY...
GLORY BE TO THE FATHER...



With Marie.
AT THE SANCTUARY OF
OUR LADY OF LOURDES



Pope Francis will open the Holy Door of St Peter's Basilica on 24th December, marking the beginning of the Ordinary Jubilee of 2025. The Jubilee will end on 6th January 2026, the Solemnity of the Epiphany of the Lord. The Jubilee Year will be officially opened in Lourdes during the Mass at the Grotto on 31st December at 11pm.

THE JUBILEE:

"He has sent me [...] to proclaim the year of the Lord's favour," (Luke 4:18-19)
For centuries, guided by the Bible and the faith of the faithful, the Church has offered a year of grace in which all Christians are invited to follow a special path of conversion. In 2025, the year of the Jubilee, let us resolve to take part in this magnificent journey of faith and love, in which we set out on a pilgrimage to tell God once again that we love him and want to draw closer to him. This very special year will offer us not only the grace of forgiveness for our sins, but also, if we wish, the wiping away of all the penalties associated with sin: a plenary indulgence.

THE PLENARY INDULGENCE:

Seeking a plenary indulgence means taking a very special step of conversion. You ask God not only to wipe out your sins (that's confession), but also to wipe out the consequences of your sins in the world. This requires a profound desire to renounce all sin, to love your neighbour, and to trust God and the Church. You can do this for yourself or for a deceased person. To prove your good faith, you must meet the following 5 conditions (see following pages).

CONDITION N.1: COME TO THE SANCTUARY OF LOURDES AND FULFIL ONE OF THE FOLLOWING SET BY THE BISHOP (WITHIN THE SUBSEQUENT SEVEN DAYS)

- Participate in the Stations of the Cross
- Pray the Rosary
- Participate in a Marian Procession at the Sanctuary of Our Lady of Lourdes
- Complete the Jubilee Way at the Sanctuary of Our Lady of Lourdes
- Eucharistic Adoration
- Receive a solemn blessing from a bishop
- Engage in a work of mercy
- Do penance.

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"The pilgrim therefore longs to ascend. And whither does he wish to ascend, save into heaven? What means, into heaven? Does he wish to ascend that he may be with the sun, moon, and stars? Far be it! But there is in heaven the eternal Jerusalem, where are our fellow citizens, the Angels: we are wanderers on earth from these our fellow citizens. We sigh in our pilgrimage; we shall rejoice in the city. But we find companions in this pilgrimage, who have already seen this city herself, who summon us to run towards her. At these he also rejoices, who says, I rejoiced in them who said to me, we will go into the house of the Lord. Let us run without tiring: there is no weariness there. Walk, run, even. How does each of us respond?"

Saint Augustin, Sermon on Psalm 121



CONDITION N.2: THE DESIRE FOR CONVERSION

RENUNCIATION OF EVIL

To live in freedom as a child of God, do you reject sin?

To break free from the power of sin, do you reject everything that leads to evil?

To follow Jesus Christ, do you reject Satan, the author of sin?

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To express my desire for conversion, i.e. to repent of all my sins, to renounce them and to be guided by a spirit of charity, I could recite the following prayer: *'Lord Jesus, I thank you and bless you for the love you give me. I want to belong to you fully and completely, without reserve. Today I renounce all bad deeds, bad influences, bad relationships and all attachments to sin. I renounce Satan, all his works and all his empty promises. With your help, I resolve to walk every step of the way according to your commandments, and to obey the laws of the Church, with confidence, determination and love. Amen.'*



CONDITION N.3: CONFESSION

EXAMINATION OF CONSCIENCE

'If you have 10 minutes to prepare for confession, spend 7 of them focusing on Jesus, then, in the light of his love, remind yourself of the sins and bad habits that mar your life.'

ACT OF CONTRITION

'My God, I am very sorry that I have offended You, because You are infinitely good and infinitely kind, and sin displeases You. I firmly resolve, with the help of your holy grace, not to offend you again and to do penance.'

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"There are some who say, 'I've done too much wrong, the Good Lord can't forgive me'. This is blasphemy. It's putting a limit on God's mercy, which has none: it's infinite."

St. Jean-Marie Vianney – Curé d'Ars

