

**DIRECTIVES FROM THE APOSTOLIC
PENITENTIARY OF THE HOLY SEE TO BE USED
IN THE DIOCESE OF SCRANTON**

PERFECT CONTRITION

With the increasing difficulty for individuals to receive the Sacrament of Reconciliation due to the current health crisis, the faithful of the Diocese of Scranton are reminded that by having perfect contrition one can receive the forgiveness of sins, apart from going to confession.

Perfect contrition requires the following three things:

- A love of God above all else
- A sincere desire for the forgiveness from sin
- The resolution to go to confession as soon as possible when this health crisis subsides

PLENARY INDULGENCE

His Holiness, Pope Francis, has also granted a **plenary indulgence** under specific conditions. **The faithful who qualify for a plenary indulgence during the coronavirus pandemic:**

- Those suffering from the coronavirus illness
- Health care workers, family members, and others caring for those with the coronavirus (exposing themselves to the virus)

The faithful must do at least one of the following:

- Unite yourself spiritually through the media in the celebration of the Holy Mass
- Recite the Rosary
- Pious practice of the Way of the Cross (or other forms of devotion)
- Recite the Creed, the Lord's Prayer, and a Hail Mary

The faithful must be willing to perform all of the following as soon as possible: (considered the three usual conditions for a plenary indulgence)

- Going to Confession
- Receiving Holy Communion
- Praying for the intentions of Pope Francis

The Church encourages frequent, even daily, Holy Communion, but if at any time we cannot go to Mass in or out of this season of the coronavirus, we can still unite ourselves to the Eucharist through making a spiritual Communion.

By making an Act of Spiritual Communion, we express our faith in Christ's Real Presence in the Eucharist and ask him to unite himself with us. Here is the Act of Spiritual Communion written by St. Alphonsus de Liguori:

***My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.***

***I embrace You as if You were already
there
and unite myself wholly to You.***

***Never permit me to be separated from
You.***

Amen.

Pilgrim Statue of Our Lady of Fatima

Dear Parishioners:

The Pilgrim Statue will resume her travels
Into homes as soon as Masses
have recommenced.



***" Say the Rosary every
day. In the end My
Immaculate Heart will
triumph." Our Lady of
Fatima.***