

**Offering Personal Sacrifice:** Dedicate your personal challenges, prayers, and sacrifices to unite with those on physical pilgrimages, including fasting, offering prayers, or making personal sacrifices throughout the pilgrimage season.

#### 4. Works of Mercy:

**Local Outreach Projects:** Serve your community through local outreach, such as visiting the elderly in nursing homes, volunteering at food pantries, or supporting homeless shelters. A good local resource for volunteering is [St. Vincent de Paul Place, Norwich](#) or [Middletown](#).<sup>5</sup>

**Support Life Causes:** Partner with local pro-life organizations or social justice groups that focus on caring for the most vulnerable in your community, offering acts of charity and service where they are needed.

#### 5. Penance:

**Local Retreats or Formation:** Participate in local penance services, retreats, or spiritual formation events, such as Lenten or Advent missions offered by parishes or the diocese.

**Simplifying Consumption:** Try to focus on small, practical sacrifices like fasting from distractions (social media, TV, cell phone use, etc.) or supporting local businesses through responsible consumption, or doing project rice bowl.



## Jubilee Resources:

### 1. Pilgrimage Shrines

<https://www.catholicshrines.org/jubileeofhope>

### 2. Virtual Adoration

<https://www.youtube.com/watch?v=Dd7YbWYpCQo>

### 3. St. Patrick Cathedral Live Stream Masses

<https://www.norwichdiocese.org/Masses>

### 4. Virtual Pilgrimages

<https://www.harvestjourneys.com/virtual-pilgrimages>

### 5. St. Vincent de Paul Place/Middletown

<https://www.svdpp.org/>  
<https://svdmiddletown.org/>

### 6. <https://www.usccb.org/jubilee2025>

## Jubilee Prayer

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

*Franciscus*

# 2025 JUBILEE INFORMATION



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## What is Jubilee?

A Jubilee, or Holy Year, is a special year of remission of sins, pilgrimage, coming home, and universal pardon. It is a time for conversion and spiritual renewal, the faithful are encouraged to repent, seek reconciliation through confession, and engage in acts of charity.

The practice of Jubilee dates back to ancient Israel in the Old Testament, where every 50th year was to be a year of liberation, forgiveness, and return of property to its original owner. (Leviticus 25)

The Jubilee began on December 24, 2024, with the opening of the Holy Door at Saint Peter's Basilica. The Jubilee year was opened at St. Patrick Cathedral in Norwich on December 29, 2024. The Jubilee will conclude on January 6, 2026.

## What is the theme of Jubilee?

Pope Francis has designated the 2025 Holy Year as a time to renew ourselves as "Pilgrims of Hope." In Pope Francis' letter "Hope does not Disappoint"; the Pope reminds us the Jubilee is a moment to be renewed in hope, despite life's uncertainties and challenges.

Saint Paul's teachings highlight that hope is born of love and sustained by the Holy Spirit. He acknowledges the trials and tribulations of life but emphasizes that suffering produces endurance, character, and ultimately hope. Pope Francis, also, stresses the importance of patience, especially in today's fast-paced world. "Patience, one of the fruits of the Holy Spirit, sustains our hope and strengthens it as a virtue and a way of life."

Pilgrimage is a fundamental element of the Jubilee, symbolizing the quest for meaning in life. Pilgrims are encouraged to travel ancient and modern routes, visiting significant religious sites and experiencing the grace of the Jubilee through prayer and the sacrament of Reconciliation.

## What is a Holy Door?

One of the central components of the Jubilee are the Holy Doors and the 4 Papal Basilicas in Rome which will be opened during this Jubilee year. When they are opened at the beginning of the year, "the Holy Door will become a Door of Mercy through which anyone who enters will experience the love of God who consoles, pardons, and instills hope" ([MV, 3](#)). Since each diocese will have the opportunity to open a Door of Mercy, all members of the faithful will have opportunity to make a pilgrimage to their local Holy Door during the Jubilee. This pilgrimage is to be a journey of walking closer with God and discovering "moment[s] of grace and spiritual renewal" ([MV, 3](#)). These doors are symbols of God's mercy, open to welcome everyone into the compassion of God's love that Christ proclaimed.

## Plenary Indulgences and how to obtain them?

Indulgences, a key component of the Jubilee, are a gift of grace representing God's unlimited mercy. The faithful, who are truly repentant and free from sin, can obtain a plenary (full) indulgence if they engage in certain practices in addition to offering certain prayers. Ways to obtain an indulgence include:

### 1. Pilgrimages:

**Local Churches & Shrines:** Visit regional churches, shrines, and historical sites. Many dioceses have a central cathedral with a holy door that can be a pilgrimage site. St. Patrick Cathedral in Norwich is a designated pilgrimage site. Check with your other dioceses to see what other churches or shrines are available for pilgrimage.

**National Sites:** In the U.S., consider visiting national pilgrimage destinations like the Basilica of the National Shrine in Washington, D.C., or the National Shrine of Divine Mercy. [Other Pilgrimage Shrines](#)<sup>1</sup>

### 2. Eucharistic Visits:

**Designated Local Churches:** Spend time in Eucharistic Adoration at churches in your diocese or community. For instance, St. John's in Cromwell provides 24-hour Eucharistic Adoration in their chapel. Contact your local parish to find out when they offer Adoration.

**Virtual Adoration or Mass:** If you can't physically visit a church, you can participate in virtual Eucharistic Adoration at [this link](#)<sup>2</sup>, or view livestreamed Masses through the Diocese of Norwich's [website](#)<sup>3</sup>.

### 3. Spiritual Pilgrimages:

**Spiritual Solidarity:** For those unable to travel physically, participate in a local spiritual pilgrimage by joining virtual pilgrimages like [this one](#)<sup>4</sup>, or engaging in online prayer groups and livestreamed Masses.