

## RECEIVING A PLENARY INDULGENCE

The Relic Tour of St Bernadette offers pilgrims the opportunity to receive a number of enriching graces and blessings, including a Plenary Indulgence. A Plenary - meaning full - Indulgence is the result of the abundance of God's mercy, which He offers us and all humanity through Jesus Christ and through the Church. Receiving this Indulgence is a sign of **"our turning away from sin and our conversion to God"** (Pope St John Paul II).

This Indulgence, this gift, is available in a special way for those who visit the relics of St Bernadette this Autumn. You can receive the Indulgence by:

- Visiting the relics
- Having a real contrition for, and a detachment from, sin, including all venial sins
- Celebrating the Sacrament of Reconciliation and receiving Holy Communion
- Praying for the intentions of the Holy Father for example:  
the Creed, the Our Father, the Hail Mary, the Glory be...

The indulgence can be received for ourselves, or for the benefit of others, living or departed.

## SENDING YOUR PRAYER INTENTIONS TO LOURDES

Lourdes holds a very special place in the hearts of people across the world. Prayer Intention cards will be freely available to pilgrims at churches and cathedrals throughout the Tour, with the prayers of people across our family of faith accompanying the Relics as they journey back to Lourdes, to be placed at the feet of Our Blessed Lady at the Grotto of Massabielle.



"I SHALL DO EVERYTHING FOR HEAVEN,  
MY TRUE HOME. THERE I SHALL FIND  
MY MOTHER IN ALL THE SPLENDOUR OF  
HER GLORY. I SHALL DELIGHT WITH HER  
IN THE JOY OF JESUS HIMSELF"

-ST BERNADETTE