

PILGRIMS OF HOPE



"Hope does not disappoint" (Romans 5:5).

With these words of the Apostle Paul, we are urged to be pilgrims of hope for the Holy Year of 2025. A Jubilee Year is a time of pilgrimage moving us to encounter the hope given to us in Jesus Christ. While Rome is the traditional destination for a Jubilee pilgrimage, every diocese has designated pilgrimage destinations for all to take part in the voyage of the Jubilee of Hope.

Making a pilgrimage is a profound expression of the Christian life. As "citizens of heaven" we are pilgrims in this world. Our true homeland – our destination – is the vision of God in heaven. By undertaking a pilgrimage, we physically and spiritually make a journey to a holy place to encounter the presence of God, mercy given us through the death and resurrection of Jesus Christ, and we are anchored through hope to the one who is victorious over sin and death. Of particular importance, pilgrimages during a Jubilee Year bring the possibility of a plenary indulgence – a special opening of the treasury of grace – for the deceased or for oneself. By prayerfully making a pilgrimage, one is changed through the journey by the travel, encounters with others, encountering God's mercy and returning home filled anew with God's love. We are made into people who bring hope to those disappointed, despondent, and despairing – hope that only comes from encountering Jesus Christ.

This is a guide to making a pilgrimage during the Jubilee within the Archdiocese of Hartford.

DESTINATIONS

Rome and the Holy Land are perennial places of pilgrimage. During the Jubilee of Hope, cathedrals and other designated sacred places are destinations of pilgrimage. In the Archdiocese of Hartford these are the *Cathedral of Saint Joseph* in Hartford and the *Basilica of the Immaculate Conception* in Waterbury. Neighboring dioceses will also have designated pilgrimage destinations as well.

Pope Francis has also designated visiting the sick, homebound or imprisoned in order to pursue a work of mercy is also making a pilgrimage to encounter Christ and may also open one to receive a plenary indulgence.



Cathedral of Saint Joseph



Basilica of the Immaculate Conception

WHAT TO DO ON A PILGRIMAGE

Outside of Rome, there are no Holy Doors to visit during this Jubilee. Upon arriving at a pilgrimage location one should do one or more of the following acts of prayer:

- ✓ **participate in the Holy Sacrifice of the Mass**
- ✓ **pray the Liturgy of the Hours**
- ✓ **pray the stations of the cross**
- ✓ **pray the Rosary**
- ✓ **participate in the sacrament of penance** (confession)
- ✓ **adore the Most Holy Eucharist** for a time concluding with an Our Father, the Creed, and invocation to the Blessed Virgin Mary.



FOR THOSE UNABLE TO GO ON ANY PILGRIMAGE

For those who are physically unable to make a pilgrimage, one may make a pilgrimage of intention by praying an Our Father, the Creed, one of the prayers for the Holy Year, and offering up their sufferings of that day as an act of prayer.



ARCHDIOCESE of HARTFORD

* *Jubilee Prayer found here* →



* WHAT IS A PLENARY INDULGENCE?

A plenary indulgence is the full remission of the temporal punishment due to sin. Every sin one commits incurs both the guilt of having committed the sin and damage caused by the sin. In the sacrament of penance, one's guilt is forgiven through the death and resurrection of Jesus Christ. However, the effects of the sin still damage us – it is part of the punishment of sin. A plenary indulgence is an opening of the mercy of the Church, through the merits of Christ and the saints, to relieve the effect of sin for the full healing of the person. Typically, one seeks a plenary indulgence for the dead to free a soul from purgatory. One may also pray for one's self for the remission of the punishment due to sin.

↳ **What is the prescribed condition for an indulgence?**

- * One must be in state of grace (a Catholic in good standing)
- * have a complete detachment from sin
- * have sacramentally confessed their sins
- * receive Holy Communion
- * pray for the intentions of the pope (usually an Our Father and a Hail Mary)

These conditions should take place as near as possible to the indulgenced activity but may be carried out within several days before or after.

* WHAT IS A PARTIAL INDULGENCE?

A partial indulgence is a partial remission of the temporal punishment due to sin. One reason why a partial indulgence may be received is because the person seeking an indulgence did not pursue the state of grace and the prescribed condition for an indulgence.

HOW TO MAKE A PILGRIMAGE IN THE ARCHDIOCESE OF HARTFORD FOR THE JUBILEE YEAR

Pilgrimages may be undertaken alone. It is ideal, however, for the experience of a pilgrimage to be undertaken communally with either a small or large group of pilgrims. A pilgrimage is more than a visit to a church, it should be marked by ceremony and preparation. There should be distinct moments of departure, arrival, worship and return. What follows are some recommendations on how to mark these stages of a pilgrimage during the Jubilee Year.



DEPARTURE

There should be a moment of prayer to mark the beginning of a pilgrimage. If departing as a group, it would be preferable to begin in a local parish church beginning with the celebration of the Eucharist or a short prayer service. The *Blessing of Pilgrims on Their Departure* from the *Book of Blessings* is a praiseworthy way to begin a pilgrimage.

↳ **If traveling on one's own**, reading a passage from sacred Scripture, such as Luke 24:13-35 or Hebrews 10:19-25, is an excellent way to begin. It is also traditional to pray the Litany of the Saints as one undertakes a pilgrimage.

ARRIVING

Before entering the destination of the pilgrimage, there should be an opportunity to stop and pray before entering the threshold. Praying one or more psalms before entering is an ancient and fruitful preparation, especially Psalms 15, 24, 84, 95, 118, 122 and 136. It would be appropriate to pray the "Jubilee Prayer" before entering.

TIME AT THE DESTINATION

One should spend time in worship at the pilgrimage site. The indulgenced actions for the Jubilee include one or more of the following actions: participating at Mass, praying the Liturgy of the Hours, praying the stations of the cross, praying the Rosary, making a confession, and Eucharistic adoration. Traditionally, participating at the celebration of the Eucharist is the climax of a pilgrimage.

RETURNING HOME

When returning from a pilgrimage it is appropriate to pause for a time of thanksgiving for safe travels and for the gifts of grace that were given. This may be as simple as an individual pausing at home or at the parish church to give thanks to God, perhaps praying Psalm 84. For a group of pilgrims, a praiseworthy ending would be the *Blessing of Pilgrims after Their Return* from the *Book of Blessings*.



PLANNING A PILGRIMAGE

Individuals may always come to the Cathedral of Saint Joseph of the Basilica of the Immaculate Conception when the building is open or for any of the scheduled liturgies. If a large group is making a pilgrimage, they should coordinate with the Cathedral or Basilica to schedule a pilgrimage. There will be special liturgies for the Jubilee Year and for pilgrims that will be scheduled throughout the year. Pilgrims should be attentive to these special days.