

CATHEDRAL OF SAINT PAUL  
Birmingham, Alabama

Steps Required to Gain the Nativity Plenary Indulgence  
(between January 3, 2024 and February 2, 2024)

1. Make the intention of receiving the plenary indulgence. Ask God to help you be completely detached from all sin. He wants this for you, and he will help! Have confidence in God and in his grace. Also, recite an Act of Contrition from the heart.
2. Decide whether you wish to receive the indulgence for yourself or for the souls in Purgatory. Make your decision part of your intention also.
3. Think about when you last went to Confession, and consider whether you need to go again soon. To gain a plenary indulgence, one must go to confession within about 20 days before or after.
4. Visit the Nativity scene at the Cathedral of Saint Paul or in another one of the area churches or public chapels.
5. Pause in prayer for a few minutes before the Nativity, contemplating the birth of Our Lord, and pouring out petitions to God for peace. It is especially fitting to pray for peace in the Holy Land.
6. Recite an Our Father, Apostles' Creed, and conclude with the following brief litany (this all may be done in the pew - you need not remain before the Nativity for this part):

DEAREST JESUS, INFANT KING, *HAVE MERCY ON US.*

MOST BLESSED MOTHER, QUEEN OF PEACE, *PRAY FOR US.*

GOOD SAINT JOSEPH, GUARDIAN AND PROTECTOR OF THE CHURCH, *PRAY FOR US.*

SAINT FRANCIS OF ASSISI, PROTAGONIST OF PEACE, *PRAY FOR US.*

7. Say a Hail Mary “for the intentions of our Holy Father, Pope Francis”. It is not necessary to know what his specific intentions are. Our Lady will know!
8. Go to Holy Communion (in the state of grace) as soon as possible (within 20 days before or after). One confession can cover multiple indulgences - but one communion is needed for *each* indulgence. (Therefore, those who go to confession at least once a month and also go to Mass each day can theoretically receive one plenary indulgence per day!)
9. Give thanks to God for these gifts of grace from Holy Mother Church, which help us on our path to eternal life with the Holy Family, St. Francis, and all the saints and angels!

See the Indulgence Decree in Latin [HERE](#) – See an English translation of the Decree [HERE](#)

Read a commentary by Father Jerabek [HERE](#)

### **The Our Father**

Our Father,  
Who art in heaven,  
hallowed be Thy name.  
Thy kingdom come.  
Thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil. Amen.

### **The Apostles' Creed**

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, His only Son, our Lord,  
Who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
He descended into hell;  
on the third day He rose again from the dead;  
He ascended into heaven,  
and is seated at the right hand of God, the Father Almighty;  
from there He will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy Catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.

### **The Indulgence Litany**

Dearest Jesus, Infant King, *have mercy on us.*  
Most Blessed Mother, Queen of Peace, *pray for us.*  
Good Saint Joseph, Guardian and Protector of the Church, *pray for us.*  
Saint Francis of Assisi, protagonist of peace, *pray for us.*

### **The Hail Mary**

*for the intentions of Pope Francis*

Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou amongst women,  
and blessed is the fruit  
of thy womb, Jesus.  
Holy Mary, mother of God:  
pray for us sinners  
now and at the hour of our death.  
Amen.

### **The Act of Contrition**

O my God, I am heartily sorry  
for having offended Thee.  
And I detest all my sins,  
because I dread the loss of heaven  
and the pains of hell;  
but most of all,  
because they offend Thee, my God,  
Who art all-good  
and deserving of all my love.  
I firmly resolve,  
with the help of Thy grace:  
to confess my sins, to do penance,  
and to amend my life. Amen.