



EXTRAORDINARY JUBILEE OF MERCY

December 8, 2015

through

November 20, 2016



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THE RETURN OF THE PRODIGAL SON

by Rembrandt Harmensz van Rijn

“...While he was still a long way off,
his father caught sight of him, and was
filled with compassion. He ran to his son,
embraced him and kissed him.”

—Luke 15:20



THE HOLY DOOR OF MERCY

The Door of Mercy is a special Holy Door which Pope Francis has asked to be opened in every Diocese during the Extraordinary Holy Year in order to allow the faithful in every part of the world to experience the Mercy of the Father in its fullness... every local church, at the cathedral — the mother church of the faithful ... a Door of Mercy will be opened for the duration of the Holy Year. The season of grace which is the Jubilee of Mercy, will naturally be characterized by the possibility of obtaining the plenary indulgence through certain pious exercises culminating in entering though the Holy Door, the Door of Mercy. These pious exercises will accompany the prayer and celebration of the Sacraments of Reconciliation and the Eucharist as concrete signs of conversion and *immersion* in the Mercy of the Father.



YEAR OF MERCY PRAYER

LORD JESUS CHRIST, you have taught us to
be merciful like the heavenly Father, and have
told us that whoever sees you sees Him.

Show us your face and we will be saved.

Your loving gaze freed Zacchaeus and Matthew
from being enslaved by money;
the adulteress and Magdalene from seeking
happiness only in created things;
made Peter weep after his betrayal,
and assured Paradise to the repentant thief.

Let us hear, as if addressed to each one of us,
the words that you spoke to the Samaritan woman:
“If you knew the gift of God!”

You are the visible face of the invisible Father,
of the God who manifests His power
above all by forgiveness and mercy:
let the Church be your visible face in the
world, its Lord risen and glorified.

You willed that your ministers would also be
clothed in weakness in order that they may
feel compassion for those in ignorance and error:
let everyone who approaches them feel
sought after, loved, and forgiven by God.



Send your Spirit and consecrate every one of us
with His anointing, so that the Jubilee of Mercy
may be a year of grace from the Lord,
and your Church, with renewed enthusiasm,
may bring good news to the poor,
proclaim liberty to captives and the oppressed,
and restore sight to the blind.

We ask this of you, Lord Jesus, through
the intercession of Mary, Mother of Mercy;
you who live and reign with the Father and
the Holy Spirit forever and ever. AMEN.



THE WORKS OF MERCY

“The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently. The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead.

Among all these, giving alms to the poor is one of the chief witnesses to fraternal charity: it is also a work of justice pleasing to God.”

(CCC, no. 2447).



Corporal Works of Mercy

- * Feed the hungry
- * Give drink to the thirsty
- * Clothe the naked
- * Shelter the homeless
- * Visit the sick
- * Visit the imprisoned
- * Bury the dead

Spiritual Works of Mercy

- * Admonish the sinner
- * Instruct the ignorant
- * Counsel the doubtful
- * Comfort the sorrowful
- * Bear wrongs patiently
- * Forgive all injuries
- * Pray for the living and the dead





THE BEATITUDES

(CCC, no. 1716)

Blessed are the poor in spirit, for theirs
is the kingdom of heaven.

Blessed are those who mourn,
for they shall be comforted.

Blessed are the meek, for they
shall inherit the earth.

Blessed are those who hunger and thirst
for righteousness, for they shall be satisfied.

Blessed are the merciful,
for they shall obtain mercy.

Blessed are the pure in heart,
for they shall see God.

Blessed are the peacemakers, for they
shall be called sons of God.

Blessed are those who are persecuted for
righteousness' sake, for theirs
is the kingdom of heaven.

Blessed are you when men revile you and
persecute you and utter all kinds
of evil against you falsely on my account.

Rejoice and be glad, for your
reward is great in heaven.



10 COMMANDMENTS

(CCC, nos. 2052-2557)

1. I am the LORD your God: you shall not have strange Gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



HOW TO MAKE A GOOD CONFESSION

(CCC, 1422 – 1498)

After examining your conscience and telling God of your sorrow, go into the confessional without fear or anxiety, to experience the love, mercy and forgiveness of Our Lord.

*You may kneel at the screen or sit to talk
face-to-face with the priest.*

Begin your confession with the sign of the cross:

**“In the name of the Father, and of the Son,
and of the Holy Spirit.”**

*Indicate the length of time since your last
confession in these or similar words:*

**“My last confession was ____
weeks (months, years) ago. These are my sins.”**

Say the sins that you remember. Start with the one(s) that is most difficult to say. (In order to make an integral confession, the penitent must confess all mortal sins, according to their kind and number.) After confessing all the sins you remember since your last confession, you may conclude by saying,

“I am sorry for these and all the sins of my past life.”

Listen to the counsel of the priest. He will assign you some penance, either a charitable action or prayers, which you should perform as soon as possible.

When invited by the priest to do so, express some prayer of sorrow or Act of Contrition (see page 11)

The priest will say the Prayer of Absolution, and then conclude by offering you encouragement to amend your life, to pray regularly for God’s grace to sin no more and to trust in God’s mercy.



ACT OF CONTRITION

O my God, I am heartily sorry for having offended you
and I detest all my sins because of your just punishments
but most of all I offended you my God, who are
all good and deserving of all my love.
I firmly resolve with the help of your grace,
to confess my sins, to do penance
and to amend my life. Amen.

CONFITEOR

I confess to almighty God and to you, my brothers
and sisters, that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have
failed to do, through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.





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 shall 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 NICENE- CONSTANTINOPOLITAN CREED

(CCC, nos. 185 – 1065).

I believe in one God, the Father almighty, maker
of heaven and earth, of all things visible
and invisible. I believe in one Lord Jesus Christ,
the Only Begotten Son of God, born of the Father
before all ages. God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father; through him
all things were made. For us men and for
our salvation he came down from heaven, and
by the Holy Spirit was incarnate of the Virgin Mary,
and became man. For our sake he was crucified
under Pontius Pilate, he suffered death and was buried,
and rose again on the third day in accordance
with the Scriptures. He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and
the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,
the giver of life, who proceeds from the
Father and the Son, who with the Father and
the Son is adored and glorified, who has spoken
through the prophets. I believe in one, holy,
catholic and apostolic Church. I confess one baptism
for the forgiveness of sins and I look forward
to the resurrection of the dead and the
life of the world to come.



ACT OF FAITH

(CCC, nos. 1814 – 1816)

O MY GOD, I firmly believe that You are one God in
Three Divine Persons, Father, Son and Holy Ghost.

I believe that Your Divine Son became Man,
and died for our sins, and that He will come
to judge the living and the dead. I believe these
and all the truths which the Holy Catholic
Church teaches, because You hast revealed them,
Who can neither deceive nor be deceived.

ACT OF HOPE

(CCC, nos. 1817 – 1821)

O MY GOD, relying on Your almighty power
and infinite mercy and promises,
I hope to obtain pardon of my sins, the help of
Your grace, and Life Everlasting,
through the merits of Jesus Christ,
my Lord and Redeemer.

ACT OF CHARITY

(CCC, nos. 18232 – 1829)

O MY GOD, I love You above all things,
with my whole heart and soul,
because You are all-good and worthy of all love.
I love my neighbor as myself for the love of You.
I forgive all who have injured me, and
ask pardon of all whom I have injured.



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.

HAIL MARY

Hail Mary, full of grace, the Lord is with thee.
Blessed art thou among 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.

GLORY BE

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.



PRAYER TO SAINT MICHAEL THE ARCHANGEL

Saint Michael the Archangel,
defend us in battle; be our protection
against the wickedness and snares
of the devil. May God rebuke him,
we humbly pray; and do Thou,
O Prince of the heavenly host,
by the power of God, cast into hell
Satan, and the other evil spirits
who prowl about the world,
seeking the ruin of souls. Amen.



PRAYER TO MY GUARDIAN ANGEL

Angel of God, my guardian dear, to whom
His love commits me here, ever this night
be at my side, to light and guard,
to rule and guide. Amen.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary,
I offer You my prayers, works,
joys and sufferings of this day for
all the intentions of Your Sacred Heart,
in union with the Holy Sacrifice of the Mass
throughout the world, in reparation for my sins,
for the intentions of all my relatives and friends,
and in particular for the intentions
of the Holy Father. Amen.

PRAYER FOR DECEASED FAMILY MEMBERS OR LOVED ONES

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May the souls of all the faithful departed,
through the mercy of God, rest in peace.



ANIMA CHRISTI

Prayer After Receiving Holy Communion

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Thy wounds, hide me.

Suffer me not to be separated from Thee.

From the malicious enemy, defend me.

In the hour of my death call me.

And bid me come unto Thee,

That with Thy saints, I may praise Thee

Forever and ever. Amen.

PRAYER TO THE MOST SACRED HEART OF JESUS

O most Sacred Heart of Jesus, fountain of every blessing, I adore You, I love You, and with a lively sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your will.

Grant good Jesus, that I may live in You and for You.

Protect me in the midst of danger; comfort me in my afflictions; give me health of body, assistance in my temporal needs, Your blessing on all that I do, and the grace of a holy death.



SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You; permit not that I should ever be separated from You.

PRAYER BEFORE THE BLESSED SACRAMENT

O sacred banquet, in which Christ is received, the memory of His Passion is renewed, the mind is filled with grace, and pledge of future glory is given to us.



PRAYER TO THE HOLY SPIRIT

Come Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit, and they shall be created.
And You shall renew the face of the earth.
Let us pray. O, God, who by the light
of the Holy Spirit, did instruct the
hearts of the faithful, grant that
by the same Holy Spirit we may be truly
wise and ever enjoy His consolations.
Through Christ Our Lord. Amen.

PRAYER BEFORE WORK

Heavenly Father, may everything we do begin with
your inspiration, and continue with your help.
May our work and actions always find their origin
in you, and through you, happily reach their
completion. Through Christ our Lord.

PRAYER FOR PRIESTLY VOCATIONS

Lord Jesus Christ, shepherd of souls, who called
the Apostles to be fishers of men, raise up new Apostles
in your Holy Church. Teach them that to serve you
is to reign, to possess you is to possess all things.
Kindle in the hearts of our young people the fire of zeal
for souls. Make them eager to spread your kingdom
on earth. Grant them the courage to follow You,
who are the Way, the Truth and the Life.
Who live and reign forever and ever. Amen.



PRAYER FOR THE FAMILY

Jesus, Mary and Joseph, in you we contemplate the splendor of true love, to you we turn with trust. Holy Family of Nazareth, grant that our families too, may be places of communion and prayer; authentic schools of the Gospel and small domestic Churches.

Holy Family of Nazareth, may families never experience violence, rejection and division: may all who have been hurt or scandalized find ready comfort and healing.

Holy Family of Nazareth, make us more mindful of the sacredness and inviolability of the family and its beauty in God's plan.



HAIL, HOLY QUEEN

Hail, holy Queen, Mother of mercy, our life,
our sweetness and our hope. To thee do we cry,
poor banished children of Eve. To thee to we send up
our sighs, mourning and weeping in this valley of tears.
Turn, then, most gracious advocate, thine eyes of mercy
toward us, and after this, our exile, show unto us
the blessed fruit of thy womb, Jesus. O clement,
O loving, O sweet Virgin Mary. Pray for us,
O holy Mother of God. That we may be made
worthy of the promises of Christ.

MEMORARE

Remember, O most gracious Virgin Mary, that never was it
known that anyone who fled to thy protection, implored
thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee,
O Virgin of virgins, my mother; to thee do I come,
before thee I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not
my petitions, but in thy mercy
hear and answer me. Amen.

LOVING MOTHER OF THE REDEEMER

Loving Mother of the Redeemer, gate of heaven,
star of the sea, assist your people who have fallen yet strive
to rise again. To the wonderment of nature you bore your
Creator, yet remained a virgin after as before.

You who received Gabriel's joyful greeting,
have pity on us poor sinners.



THE MOST HOLY ROSARY

Start by making the sign of the Cross:

Then recite the Apostle's Creed: (*see page 12*)

Then pray 1 Our Father,
3 Hail Mary's (for the virtues of Faith,
Hope and Charity)
and 1 Glory Be.

While meditating on the Mysteries, pray:
One Our Father (large beads),
10 Hail Mary's (small beads)
and 1 Glory Be (before the next large bead)
to make a complete decade of the rosary.



After each decade the **Fatima Prayer**
may also be said (*see below*).

After the completion of the five mysteries (decades),
the following is customarily said:

Hail Holy Queen (*see page 22*).

Pray for us, O Holy Mother of God.
That we may be made worthy of the promises of Christ.

PRAYER OF FATIMA

O my Jesus, forgive us our sins. Save us from
the fires of hell. Lead all souls to heaven,
especially those in most need of Your mercy.

THE ROSARY PRAYER

Let us pray. O God, whose only begotten Son,
by His life, death, and resurrection, has purchased
for us the rewards of eternal salvation.

Grant, we beseech Thee, that while meditating
on these mysteries of the most holy
Rosary of the Blessed Virgin Mary, that we may
both imitate what they contain and
obtain what they promise,
through Christ our Lord. Amen.

Most Sacred Heart of Jesus, have mercy on us.
Immaculate Heart of Mary, pray for us.

For the Intentions of the Holy Father -
pray Our Father, one Hail Mary, and one Glory Be.



MYSTERIES OF THE ROSARY

The Joyful Mysteries

(Prayed on Monday and Saturday)

1. **THE ANNUNCIATION** Mary learns from the Angel Gabriel that God wishes her to be the mother of God and humbly accepts. *(Luke 1:26-38).*
2. **THE VISITATION** Mary goes to visit her cousin Elizabeth and is praised by her as “blessed among women.” *(Luke 1:39-56).*
3. **THE NATIVITY** Mary gives birth to Jesus in the stable at Bethlehem. *(Luke 2:1-20).*
4. **THE PRESENTATION** Mary and Joseph present Jesus to His Heavenly Father in the Temple of Jerusalem forty days after His birth. *(Luke 2:22-39).*
5. **THE FINDING OF JESUS IN THE TEMPLE** After searching for three days, Mary and Joseph find the twelve-year-old Jesus sitting in the Temple discussing the law with the learned doctors. *(Luke 2:42-52).*





The Sorrowful Mysteries

(Prayed on Tuesday and Friday)

1. **THE AGONY IN THE GARDEN** The thought of our sins and His coming suffering causes the agonizing Savior to sweat blood. *(Luke 22:39-44).*
2. **THE SCOURGING AT THE PILLAR** Jesus is stripped and unmercifully scourged until His body is one mass of bloody wounds. *(Matthew 27:26).*
3. **THE CROWNING WITH THORNS** Jesus' claim to kingship is ridiculed by putting a crown of thorns on His head and a reed in His hand. *(Matthew 27:28- 31).*
4. **THE CARRYING OF THE CROSS** Jesus shoulders His own cross and carries it to the place of crucifixion while Mary follows Him sorrowing. *(Luke 23:26- 32).*
5. **THE CRUCIFIXION** Jesus is nailed to the cross and dies after three hours of agony witnessed by His Mother. *(Matthew 27:33-50).*





The Glorious Mysteries

(Prayed on Wednesday and Sunday)

1. **THE RESURRECTION** Jesus rises from the dead on Easter Sunday, glorious and immortal, as He has predicted. (*Matthew 28:1-7*).
2. **THE ASCENSION** Jesus ascends into Heaven forty days after His resurrection to sit at the right hand of God the Father. (*Luke 24:50-51*).
3. **THE DESCENT OF THE HOLY SPIRIT**
Jesus sends the Holy Spirit in the form of fiery tongues on His Apostles and disciples. (*Acts 2:2-4*).
4. **THE ASSUMPTION OF THE BLESSED VIRGIN MARY** Mary's soul returns to God and her glorified body is taken up into heaven and reunited with her soul.
5. **THE CORONATION OF THE BLESSED VIRGIN MARY** Mary is crowned as Queen of heaven and earth, Queen of angels and saints.





The Luminous Mysteries

(Prayed on Thursday)

1. **THE BAPTISM IN THE JORDAN** After Jesus was baptized, he came up from the water and behold, the Heaven were opened for him and He saw the Spirit of God descending like a dove and coming to Him. And a voice came from Heaven saying “This is my beloved Son, with whom I am well pleased.” *(Matthew 3:16-17)*.
2. **THE WEDDING AT CANA** On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there... When the wine ran short Mary said to Him, “They have no wine.” Jesus said to her, “Woman, how does your concern affect me? My hour has not yet come.” His mother told the servers, “Do whatever He tells you.” *(John 2:1-11)*.
3. **PROCLAMATION OF THE KINGDOM AND THE CALL TO CONVERSION** After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: “This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.” *(Mark 1:14-15)*.
4. **THE TRANSFIGURATION** While Jesus was praying His face changed in appearance and His clothing became dazzling white. And behold two men were conversing with Him, Moses and Elijah, who appeared in glory and spoke of His exodus that He was going to accomplish in Jerusalem. *(Luke 9:28-31)*.
5. **INSTITUTION OF THE MOST HOLY EUCHARIST** “I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.” *(John 6:51)*.



DIVINE MERCY CHAPLET

(prayed using the beads of a rosary)

1. Begin with the Sign of the Cross,
1 Our Father, 1 Hail Mary and The Apostles Creed.
2. On the Our Father beads pray the following:
“Eternal Father, I offer You the Body and Blood,
Soul and Divinity of Your dearly beloved Son,
Our Lord Jesus Christ, in atonement for our sins
and those of the whole world.”
3. On the 10 Hail Mary beads pray the following:
“For the sake of His sorrowful Passion, have mercy
on us and on the whole world.”

(Repeat step 2 and 3 for all five decades).

4. Conclude by praying three times:
Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world.





PLENARY INDULGENCE AT THE HOLY DOOR OF MERCY

Crossing through a Holy Door is a
spiritual journey that signals,
as the Holy Father said,
“the deep desire for true conversion.”
Once you have crossed through the
Holy Door of Mercy,
the Indulgence requires
the pilgrim to:

**CELEBRATE THE SACRAMENT
OF RECONCILIATION;
WORSHIP GOD AT THE HOLY
SACRIFICE OF THE MASS;
PRAY FOR THE HOLY FATHER
AND THE INTENTIONS
HE BEARS IN HIS HEART;
AND PROFESS THE CATHOLIC FAITH
(THE CREED), UNITING OURSELVES
TO THE UNIVERSAL CHURCH.**

When we have made this pilgrimage
and committed ourselves to live by mercy,
“the Jubilee Indulgence is thus full,
the fruit of the very event which is to be
celebrated and experienced with
faith, hope and charity.” (Pope Francis).

*These indulgences may be obtained for ourselves
or for those who are deceased.*



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ROMAN CATHOLIC
DIOCESE OF ROCHESTER

For more information on the Year of Mercy
and a schedule of diocesan events, visit

www.dor.org