

Remembering the Holy Souls

A November invitation to prayer and mercy

“But as for drawing souls out of purgatory... how great are Our Lord’s mercies in this!” — Saint Teresa of Ávila, *Life*, ch. 39, §6.
[1]



The Church invites us to pray for the faithful departed, who may still be undergoing purification before entering heaven. A plenary indulgence is the complete remission of temporal punishment remaining after sin has been forgiven; it may be offered for a soul in purgatory. [2]

Five devotions to consider

1. November 1–8: visit a cemetery. Pray there for the departed, even in silence.
2. Pray the Rosary. Five decades with meditation, in a place that meets the conditions.
3. Adore the Blessed Sacrament. Spend at least 30 minutes in prayer.
4. Pray the Way of the Cross. Meditate on Christ’s Passion at the stations.
5. Pray the Akathist hymn. This ancient Eastern hymn of 24 stanzas praises the Mother of God and celebrates Christ’s Incarnation; the Paraklesis is also recognized.

Usual conditions

Sacramental Confession; Holy Communion; prayer for the Pope’s intentions; being in a state of grace; complete detachment from all sin (even venial sin); and devoutly performing the prescribed work. Normally one plenary indulgence may be gained per day. [3]

Let us pray: Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

Sources: [1] Saint Teresa, *Life*, 39, 6. [2] Catechism, §§1030–1032, 1471–1479. [3] Vatican Apostolic Penitentiary, *Enchiridion Indulgentiarum*, 4th ed., grants 7, 13, 17, 23, 29 and general norms.