



## THE DEVOUT OFFERING OF DAILY SUFFERING

Taken from Raccolta, page 30 of Supplement

1. The faithful who offer to God in the morning the sufferings of the whole day, whether of body or of soul, using any formula they may choose, may gain a Plenary Indulgence on the usual conditions. (When, however, the faithful are legitimately impeded, confessors, according to Canon 935 of the Code of Canon Law are empowered to impose some other good works.)
2. The faithful as often as they devoutly offer to God some present suffering, whether of body or of soul, using any invocation they may choose, and having at least a contrite heart may gain an indulgence of 500 days (S.P. Ap., Jun 4, 1962).

### IMPRIMATUR

Francis Cardinal Spellman  
Archbishop of New York  
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Meaning of Usual Condition (Refer to Raccolta, page ix in Preface, para. 4)

4. The conditions ordinarily prescribed for gaining the Plenary Indulgences contained in this Collection and designated by the familiar phrase "on the usual conditions" are the following: Confession, Communion, a visit to a church or public oratory, or even a semi-public oratory (in the case of those who may lawfully use the latter according to Canon 929), and prayer for the intentions of the Supreme Pontiff. In cases, however, where all the aforesaid conditions are not required, those which are necessary are separately mentioned in the proper places.

NOTE: You can offer an Our Father, Hail Mary, Glory Be for the Pope.