



**When you cannot  
receive the Sacraments  
because of Quarantine**

On 20 March 2020, The Apostolic Penitentiary issued a statement for people affected by the Covid-19 lockdown. It gave a way (a plenary indulgence) for those in danger of death to be forgiven their sins and to be readied for eternity. The extract below clarifies the necessary steps to prepare for and to receive this abundant mercy of God.

For those unable  
to receive the sacraments  
(for example, Mass, Reconciliation):

do any one of the following:

- unite spiritually in Mass online, OR
- read the Holy Scriptures for at least half an hour, OR
- recite the Holy Rosary, OR
- do the Way of the Cross, OR
- recite the Chaplet of Divine Mercy,

to implore from Almighty God the end of the epidemic, relief for those who are afflicted and eternal salvation for those whom the Lord has called to Himself, and to pray for the Holy Father's intentions.

And have the intention of going to sacramental confession and holy communion once these things are possible.

For those who are sick:

- recite the Creed and
- pray the Lord's Prayer and
- pray the Hail Mary, or other prayer invoking the intercession of the Blessed Virgin Mary and
- pray for the intentions of the Holy Father

offering this trial in a spirit of faith in God and charity towards their brothers and sisters, with the intention of going to sacramental confession and holy communion, once these things are possible.

For those who are dying:

This indulgence is granted to them, provided that they are well disposed and have recited a few prayers during their lifetime. The recommendation is that the dying person be given a crucifix to hold or to look at.