

Celebrating All Saints and All Souls in November

Why does it help to turn to the saints when we pray?

We are all called to lives of virtue and holiness and the saints are friends and intercessors who can inspire us toward this goal! Saints are people who are on fire with the Holy Spirit; they keep God's fire burning in the Church. Even during their earthly life, the saints prayed ardently, in a way that was contagious. At Mass on All Saints' Day, we praise and thank God for their example, their selflessness, and their holiness. We express our faith that they are now around God's throne, where they "sing his praise forever." And we ask them to give us "both strength and good example" so that one day we will meet them when we enter eternal life with God.

The feast of All Souls

All Souls' Day, also known as "The Commemoration of all the Faithful Departed". This is when we remember people who were more like us – the souls of the faithful departed in purgatory or in process. The faithful on earth can assist these purgatorial souls in attaining heaven through prayer, good work and the offering of Mass.

At Mass on All Souls' Day, we pray that through Christ's loving mercy, God's "departed servants...may be granted pardon and peace, and be brought to the joy of God's eternal home. All Souls Day is an especially rich cultural experience for Hispanic/Latino Catholics, who call it "Día de los Muertos" or "The Day of the Dead."

Things to do:

- Visit a cemetery and pray for the dead during the Octave of All Saints Day. This gains a plenary indulgence that can be applied only to the souls in purgatory. On other days, this work gains a partial indulgence.
- During November, spend a little time after Mass during thanking God for all the unnamed saints, some of whom could be our own relatives.
- Have a special meal and if you have young children have them dress up like their favorite saints and play games.
- Request the Holy Mass for your loved once who died in our parish office.
- Pray the Litany of the Saints – you could make it really special by chanting it ("he who sings prays twice").

PLENARY INDULGENCES FOR THE SOULS IN Purgatory (November 1-8)

This is how an indulgence is defined in the Code of Canon Law (can. 992) and in the Catechism of the Catholic Church (n. 1471): "An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints".

-To gain indulgences, whether plenary or partial, it is necessary that the faithful be in the state of grace at least at the time the indulgenced work is completed.

-A plenary indulgence can be gained only once a day. In order to obtain it, the faithful must, in addition to being in the state of grace: 1) have the interior disposition of complete detachment from sin, even venial sin; 2) have sacramentally confessed their sins; 3) receive the Holy Eucharist (it is certainly better to receive it while participating in Holy Mass, but for the indulgence only Holy Communion is required); 4) pray for the intentions of the Supreme Pontiff. It is appropriate, but not necessary, that the sacramental Confession and especially Holy Communion and the prayer for the Pope's intentions take place on the same day that the indulgenced work is performed; but it is sufficient that these sacred rites and prayers be carried out within several days (about 20) before or after the indulgenced act. Prayer for the Pope's intentions is left to the choice of the faithful, but an "Our Father" and a "Hail Mary" are suggested. One sacramental Confession suffices for several plenary indulgences, but a separate Holy Communion and a separate prayer for the Holy Father's intentions are required for each plenary indulgence.

-Indulgences can always be applied either to one- self or to the souls of the deceased, but they can- not be applied to other persons living on earth.

-A plenary indulgence, applicable only to the souls in purgatory, is granted each and every day from Nov 1 to Nov 8, who devoutly visit a cemetery and there pray, if only mentally, for the departed.