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# **When can Cooperators earn indulgences?**

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Like all the Christian faithful, faithful of Opus Dei and Cooperators can gain indulgences in many different ways, such as saying certain prayers, offering up one's work, or making a small sacrifice.

In addition, Cooperators also share in the spiritual goods of the Prelature and, after their death, the suffrages

that the faithful of Opus Dei offer for the deceased.

As well, Cooperators of Opus Dei can earn the following indulgences:

## **1. Plenary Indulgences**

Under the usual conditions (i.e. intention of earning the indulgence, sacramental confession and Holy Communion within one week before or after the day on which the indulgence is gained, praying for the person and intentions of the Roman Pontiff and making an act of aversion to all venial sin):

- On the date of their appointment as a Cooperator;
- February 14, the feast of Holy Mary Mother of Fair Love and the anniversary of the beginning of Opus Dei's apostolic work with women in 1930 and of the founding of the

Priestly Society of the Holy Cross in  
1943;

- March 19, Solemnity of St. Joseph,  
spouse of the Blessed Virgin Mary;

- June 29, Solemnity of Sts. Peter and  
Paul, Apostles;

- September 14, Feast of the Triumph  
of the Holy Cross;

- September 29, Feast of Sts. Michael,  
Gabriel and Raphael, Archangels;

- October 2, Memorial (a Solemnity in  
the Prelature) of the Holy Guardian  
Angels and anniversary of the  
founding of Opus Dei;

- December 27, Feast of St. John,  
Apostle and Evangelist;

- Whenever they attend a spiritual  
retreat at least three days long;

- At the hour of death, if during their  
life they have habitually recited

prayers for the moment of death; or if at that moment they fulfil the conditions established for receiving a plenary indulgence.

## **2. Partial Indulgences**

- Whenever they attend a Cooperators circle;
- Whenever they attend a day or evening of recollection;
- Whenever they recite an aspiration while kissing the wooden Cross in the oratories of Opus Dei;
- Whenever they say a pious invocation during their work, be it manual or intellectual;
- Whenever they say an aspiration while carrying out the deeds of charity or apostolate by which they cooperate in the spiritual mission of the Prelature.

(Rescript N°34/14 of April 28, 2014  
and n° 17/75 of February 12, 1975 of  
the Sacred Apostolic Penitentiary;  
*Enchiridion Indulgentiarum Normæ  
et concessiones*, 1999.)

This is a translation of the original  
which is kept in our archives.

Rome, February 14, 2015.

Dr. Ernst Burkhardt

Apud Collegii Romani Sanctæ Crucis

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