

# DIOCESE OF WOLLONGONG



**PILGRIM**  
PASSPORT



# PILGRIM PASSPORT



FAMILY NAME .....

GIVEN NAME .....

PARISH .....

DATE OF BIRTH .....

SIGNATURE .....

DATE OF ISSUE .....

*Pilgrims, please bring this passport with you  
when travelling to pilgrim sites.*

# WELCOME PILGRIMS

Dear Pilgrim,

As we embark on the Jubilee Year, I encourage you to use this pilgrim passport not just as a document, but as a spiritual tool guiding you through the historic tradition of pilgrimage. This tradition connects us deeply with those who have journeyed before us, seeking hospitality and blessings on their sacred travels.

I have designated six Jubilee pilgrimage sites within our diocese. Visiting these sites offers a unique way to enrich your prayer life and experience God's boundless mercy, particularly through the Jubilee plenary indulgence.

As we embody the vision outlined in *Come and See, Go and Make*, let us respond to the call to be "overwhelmed not by fear, but by hope!" This Jubilee Year presents an invaluable chance to enrich

our faith at the diocesan pilgrimage sites, where each visit becomes a profound experience of God's mercy through the Jubilee plenary indulgence. Inspired by Pope Francis, let us advance with hearts open to "gain new strength and certainty by looking to the future with an open spirit, a trusting heart, and far-sighted vision".

Fraternally in hope,

*+Brian Mascord*

**Most Rev Brian G Mascord DD**  
BISHOP OF WOLLONGONG



## JUBILEE YEAR 2025 PILGRIMS OF HOPE

Pope Francis has declared 2025 a Jubilee Year, marking it as a special time of grace that calls us toward a deeper holiness and strengthens our witness of God's loving mercy to the world. In his Papal Bull, the Holy Father reminds us that

"hope does not disappoint" (Rm 5:5), articulating his desire for this Jubilee Year to foster a renewed climate of hope and spiritual rejuvenation within the Church, energising our mission to the world.



Read Pope Francis' full message at [www.jubilee.dow.org.au](http://www.jubilee.dow.org.au) or scan (QR Code).

## JUBILEE PLENARY INDULGENCE

Pope Francis invites us to embrace God's mercy through the Jubilee plenary indulgence, which offers forgiveness of sin's effects and frees us from the burdens of our past. This gift of mercy empowers a virtuous life and fosters reconciliation with God and

others. It is available to **all** who are repentant, detached from sin, and seeking renewal. The next section explains how to receive this grace by fulfilling the steps for the Jubilee Year.

## How to obtain the Jubilee indulgence

During the Holy Year 2025, you can receive a plenary indulgence (complete forgiveness of the temporal effects of sin) by meeting **all** of the following conditions:



**Detachment from sin:** resolve to avoid all sin, including venial sins, and turn toward God.



**Sacrament of Reconciliation:** go to Reconciliation within 20 days before or after performing the indulgenced act.



**Eucharistic Communion:** receive Holy Communion, ideally on the same day as the indulgenced act.



**Prayers for the pope's intentions:** pray for the pope's intentions, such as an Our Father, Hail Mary and Glory Be. **See Page 14 for suggested prayers.**

To obtain a plenary indulgence, after meeting the general conditions, you must

complete **one or more** of the following acts, each offering an opportunity for spiritual renewal and grace:



**Pilgrimage:** visit designated Jubilee sites in the diocese and participate in prayers or liturgical celebrations such as Mass, Adoration, the Rosary, or other devotions offered at the site. **See Page 14 for a list of pilgrim prayers to guide you during your visits.**



**Acts of charity and mercy:** engage in charitable actions to serve those in need, embodying Christ's call to show compassion and care for others.



**Spiritual growth and formation:** attend retreats or study Church teachings, including Vatican II and the *Catechism*, using resources like *Come and See, Go and Make—A Vision for Parishes*.



**Fasting and self-sacrifice:** embrace penance by fasting, avoiding distractions, and dedicating time and resources to help the vulnerable.



**Papal blessing:** Receive a papal blessing imparted by Bishop Brian Mascord during one of his visits to the Jubilee sites, along with all associated indulgences.



**Provisions for those unable to travel:** Those unable to visit pilgrimage sites due to illness or serious reasons can still receive the indulgence by uniting spiritually with the faithful through prayers and acts of mercy, following the usual conditions.

### **A gift of mercy for the living and the dead:**

Indulgences may be offered for the deceased to aid in purifying their souls in purgatory. One plenary indulgence may be gained per day, but an additional indulgence can be offered for a soul in purgatory with a second act of charity or devotion and reception of Holy Communion.

Through prayer, penance, and charity, let us embrace the grace of the Jubilee Year and renew ourselves as true “Pilgrims of Hope.”



For a detailed explanation on how to obtain the Jubilee indulgence, visit [www.jubilee.dow.org.au](http://www.jubilee.dow.org.au) or scan (QR Code).



**Pilgrimage is a great aid  
for rediscovering  
the value of silence,  
effort, and simplicity of life.**

POPE FRANCIS, SPES NON CONFUNDIT

## DIOCESAN PILGRIMAGE SITES

In response to Pope Francis' call, Bishop Brian Mascord has designated official Jubilee pilgrimage sites in the Diocese of Wollongong for the Holy Year. These sites provide a unique chance to receive the Jubilee plenary indulgence

Use this pilgrim passport to record your journey with a stamp at each site. Bishop Mascord will also visit these locations during the year to impart the papal blessing, offering another opportunity to gain the indulgence under the usual conditions.

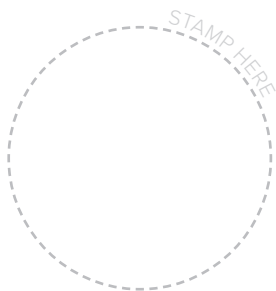


For detailed information on the dates and times of the pilgrimage site visits, please refer to [www.jubilee.dow.org.au](http://www.jubilee.dow.org.au) or scan (QR Code).



## St Francis Xavier Cathedral

36 Harbour Street  
Wollongong NSW 2500  
(02) 4211 0500



## PRAYER INTENTIONS

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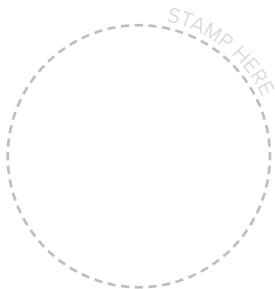
For parish info/directions visit  
[dow.sh/Cathedral](https://dow.sh/Cathedral)  
or scan (QR Code).





## Shrine of the Immaculate Conception

48–50 Princes Hwy  
Unanderra NSW 2526  
(02) 4271 1068



## PRAYER INTENTIONS

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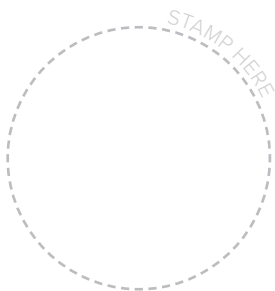


For parish info/directions visit  
[dow.sh/Unanderra](https://dow.sh/Unanderra)  
or scan (QR Code).



## Our Lady Help of Christians Catholic Church

80 Demetrius Road  
Rosemeadow NSW 2560  
(02) 4628 1385



## PRAYER INTENTIONS

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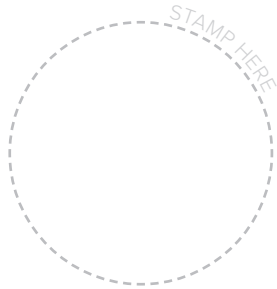


For parish info/directions visit  
[dow.sh/Rosemeadow](https://dow.sh/Rosemeadow)  
or scan (QR Code)



## St Mary Star of the Sea Catholic Church

Lot 1 Corks Lane  
Milton NSW 2538  
(02) 4455 1313



## PRAYER INTENTIONS

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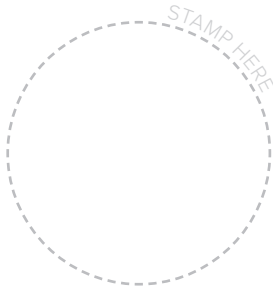


For parish info/directions visit  
[dow.sh/Milton](https://dow.sh/Milton)  
or scan (QR Code)



## St Joseph's Catholic Church

130 Moss Vale Road  
Kangaroo Valley NSW 2577  
(02) 4423 1712



## PRAYER INTENTIONS

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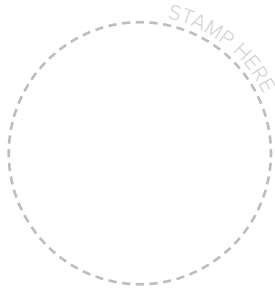


For parish info/directions visit  
[dow.sh/KangarooValley](https://dow.sh/KangarooValley)  
or scan (QR Code)



## Shrine of Our Lady of Mercy

120 Hanging Rock Road  
Sutton Forest NSW 2577  
(02) 4878 9192



## PRAYER INTENTIONS

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For parish info/directions visit  
[dow.sh/PenrosePark](https://dow.sh/PenrosePark)  
or scan (QR Code)

## PILGRIM PRAYERS

Below is a selection of prayers that you can use when praying for the pope's intentions, which is one of the general conditions for receiving the Jubilee indulgence. These prayers are also suitable for use during pilgrimage visits.

### The Jubilee Prayer

Father in heaven,  
may the faith you have given us  
in your Son, Jesus Christ, our brother,  
and the flame of charity enkindled  
in our hearts by the Holy Spirit,  
reawaken in us the blessed hope  
for the coming of your Kingdom.

May your grace transform us  
into tireless cultivators of the seeds of the Gospel.  
May those seeds transform from within  
both humanity and the whole cosmos  
in the sure expectation  
of a new heaven and a new earth,  
when, with the powers of Evil vanquished,  
your glory will shine eternally.

May the grace of the Jubilee  
reawaken in us, Pilgrims of Hope,  
a yearning for the treasures of heaven.  
May that same grace spread  
the joy and peace of our Redeemer  
throughout the earth.

To you, our God, eternally blessed,  
be glory and praise for ever.  
Amen.

## The Apostle's Creed

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ,  
his only Son, our Lord,  
who was conceived  
by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died  
and was buried.

He descended into hell;  
on the third day he rose  
again from the dead;  
he ascended into heaven,  
and is seated at  
the right hand of  
God the Father almighty,  
from there he will come  
to judge the living  
and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.

## The Our Father

Our Father who art in heaven,  
hallowed be thy name.  
Thy kingdom come,  
thy will be done  
on earth, as it is in heaven.  
Give us this day  
our daily bread,  
and forgive us our  
trespasses,  
as we forgive those who  
trespass against us,  
and lead us not  
into temptation,  
but deliver us from evil.  
Amen.

## The Hail Mary

Hail, Mary, full of grace,  
the Lord is with thee.  
Blessed art thou  
amongst women  
and blessed is the fruit  
of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at  
the hour of our death.  
Amen.

## The Salve Regina

(Hail, Holy Queen)

Hail, Holy Queen,  
Mother of Mercy,  
our life, our sweetness  
and our hope.  
To thee do we cry,  
poor banished children of Eve.  
To thee do we  
send up our sighs,  
mourning and weeping  
in this valley of tears.  
Turn then, most  
gracious advocate,  
thine eyes of mercy toward us,  
and after this our exile  
show unto us the blessed fruit  
of thy womb, Jesus.  
O clement, O loving,  
O sweet Virgin Mary.

## The Doxology

(Glory Be)

Glory be to the Father,  
and to the Son,  
and to the Holy Spirit.  
As it was in the beginning,  
is now, and ever shall be,  
world without end.  
Amen.

## The Memorare

Remember,  
O most gracious Virgin Mary,  
that never was it known  
that anyone who fled  
to thy protection,  
implored thy help,  
or sought thy intercession,  
was left unaided.  
Inspired by this confidence  
I fly unto thee,  
O Virgin of virgins,  
my Mother.  
To thee do I come,  
before thee I stand,  
sinful and sorrowful.  
O Mother of the  
Word Incarnate,  
despise not my petitions,  
but in thy mercy  
hear and answer me.  
Amen.





I can do all things  
through Christ who  
strengthens me.

PHILIPPIANS 4:13

### Prayer to St Michael the Archangel

St Michael the Archangel,  
defend us in this  
day of battle.

Be our safeguard against  
the wickedness  
and snares of the devil.  
May God rebuke him,  
we humbly pray,  
and do thou,  
O Prince of the  
heavenly hosts,  
by the power of God,  
cast into hell Satan,  
and all the evil spirits,  
who prowl throughout  
the world seeking  
the ruin of souls.  
Amen.

### Prayer to your Guardian Angel

Angel of God,  
my guardian dear,  
to whom God's love  
commits me here,  
ever this day be at my side,  
to light and guard,  
to rule and guide.  
Amen.



Return to the Lord  
your God, for he  
is gracious and  
compassionate.

JOEL 2:13

## A GUIDE TO THE SACRAMENT OF RECONCILIATION

Take time in quiet prayer to reflect on your thoughts, words and actions, inviting God to bring about a true *metanoia*—a turning back to God. The Sacrament of Reconciliation is a sacred encounter with God's infinite mercy, restoring us to grace and renewing our hearts.

As followers of Jesus, we are invited to reflect on our lives, recognising where our thoughts, words, deeds or omissions may have fallen short, and to bring these before God for his forgiveness and healing.

Sin, whether mortal or venial, can harm our relationship with God. For a sin to be mortal, it must meet the following conditions:

1. Grave matter, such as actions that go against the Ten Commandments.
2. Full knowledge of its seriousness.
3. Full consent of the will.

Venial sins, while less serious, are absolved in the Holy Eucharist. Yet, confessing them strengthens us and deepens our trust in God's mercy.

God longs to forgive and restore you. Return with confidence, for he welcomes you with open arms and rejoices in your transformation!

## Preparing for the Sacrament of Reconciliation

The Sacrament of Reconciliation is a sacred moment with Jesus, who longs to forgive. Begin with prayer and seek guidance from the priest if you need assistance.

### A prayer before Reconciliation:

Come Holy Spirit into my soul, enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly, and with a contrite heart. Amen.

### During Reconciliation

*(Begin with the Sign of the Cross, and then say:)*

**Forgive me, Father, for I have sinned. It has been *(state how long)* since my last Confession, and these are my sins:**

*(Confess all sins honestly, including mortal sins with their frequency and any venial sins. Listen to the priest's guidance and penance, then pray an Act of Contrition:)*

**My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.**

### After Reconciliation and prayer

*Complete the penance, thank God for his mercy, and commit to holiness:*

**Heavenly Father, thank you for your forgiveness and grace. Help me stay faithful and grow in holiness. Amen.**



For a detailed examination of conscience in preparing for the sacrament, visit [www.jubilee.dow.org.au](http://www.jubilee.dow.org.au) or scan (QR Code).

**Hope does  
not disappoint.**

ROMANS 5:5



CATHOLIC DIOCESE OF  
WOLLONGONG