



The Jubilee Way

St Bernadette suffered from ill-health throughout her short life. During the past 150 years, millions of sick and disabled pilgrims have gained comfort and strength from their visit to Lourdes.

The Holy Father invites the elderly, sick and disabled who are not travelling to Lourdes this year to make a 'spiritual' pilgrimage to four places in Lourdes that are closely associated with the life of Saint Bernadette.

He has granted a plenary indulgence to those who do this between 2nd and 11th February.

The elderly, sick, and all those unable to leave home for a just cause, if they consciously reject all sin and have the intention to receive the Sacraments of Confession and Holy Communion as soon as possible, are able to obtain - at home or wherever they may be - a plenary indulgence daily, if they complete a "spiritual visit" in the desire of their heart to the four places indicated below, recite the prayers for the Holy Father's intentions (Our Father, Profession of Faith and the Jubilee Prayer or some other invocation of Our Lady) and trustingly offer the pains and discomforts of their own lives to God through Mary.

1 - Lourdes Parish Church - the font in which Bernadette was baptised



Bernadette was born on 7th January 1844 and baptised two days later in the Church of St Peter. This church burned down in 1896, but its font has been installed in the new parish church.

We thank God for our own Baptism and the continued graces that he offers us as members of his family.

We pray for the Church throughout the world and for our own diocese and parish.



2 – The ‘cachot’ where Bernadette and her family were living in 1858



Poverty led the Soubirous family - father, mother and four children - to live in the 'cachot' a former prison cell, little more than 12 feet square.

It was from here that Bernadette, on 11th February 1858, went to the Rock of Massabielle and saw 'the beautiful lady' for the first time.

We accept our sufferings, loneliness and pain and offer them to God.

We pray for all who are poor, those who are homeless and those who are in prison.

3 - The Grotto where Bernadette met Our Lady



Between 11th February and 16th July 1858, Our Lady appeared to Bernadette eighteen times.

She called for penance and prayer for sinners. She asked that a church should be built and people come in procession.

She revealed herself as *the Immaculate Conception*.

We express our sorrow for all our sins.

We pray for sinners throughout the world that they may be converted and turn to God.



Saint Bernadette

4 - The old hospice where Bernadette received her First Communion



Bernadette received her First Holy Communion on 3rd June 1858 in the chapel of the hospice (now a hospital).

After this she was granted one further apparition.

She described Our Lady as being 'more beautiful than ever'.

We thank God for the supreme gift of himself in the Holy Eucharist.

We pray for those who have lapsed from the practice of their faith and for an increase in vocations to the priesthood.

The Jubilee Prayer

God our Father
among all creatures You have formed Mary,
the perfect creature, the "Immaculate Conception".
Here in Lourdes she proclaimed this name and Bernadette repeated it.
The Immaculate Conception; this is a cry of hope:
evil, sin, and death are no longer victors.
Mary, precursory sign, dawn of salvation!

Mary,
You, the innocence and refuge of sinners
We pray to you.

Hail Mary..... !

Lord Jesus,
You gave us Mary as our Mother.
She shared Your Passion and Resurrection.
Here in Lourdes she showed herself to Bernadette,
saddened by our sins but radiant with Your light.
Through her, we entrust to You our joys and our sorrows,
our own, those of the sick, and those of all people.

Mary,
Our sister and our mother,
our confidant, and our help
We pray to you

Hail Mary..... !

Holy Spirit, you are the Spirit of love and unity.
Here in Lourdes, through Bernadette, Mary asked
for a Chapel, and for people to come in procession.
Inspire the Church which Christ is building on Peter's faith:
that it may be one.
Guide the pilgrimage of the Church:
that it may be faithful and daring!

Mary, you are filled with the Holy Spirit,
you are the spouse and the servant.
You are the model for Christians, and the maternal face of the Church.
We pray to you.

Hail Mary..... !

For the many graces received here,
for all the conversions,
all the forgiveness,
all the healings,
for the vocations and promises
which you have witnessed or engendered,
for the love of serving others, which you have let us experience,
Our Lady of Lourdes
we thank you!

With all our brothers and sisters of the human race,
with all people in need of peace and justice,
with young people in search of a way,
you who appeared so young to little Bernadette,
with all those who are in mourning, who are ill,
handicapped, or facing a setback,
with those who may have a reason for despair:
Our Lady of Lourdes
We pray to you!

Because you are the smile of God,
the reflection of the light of Christ,
the dwelling place of the Holy Spirit,
because you chose Bernadette in her misery,
because you are the star of the morning, the gate of Heaven,
and the first resurrected creature
we praise you,
we acclaim you
and with you we sing the wonders of God

Magnificat !

This prayer is comprised of six verses. The first three or second three may be used separately at different times.

A Hail Mary may be said after each verse.