

Distribution of ashes: In order to clarify the liturgical guidance on distributing ashes, the following is to be observed:

- The only two ways ashes may be distributed is to either sprinkle a small amount on the person's head or by applying ashes to someone's forehead using an instrument such as a cotton swab or Q-tip. If an instrument is used, please use a new one for each person.
- Ashes may not be packaged and sent home with the faithful to be self-applied.

· **Video of COVID vaccination.** Please feel free to share the following links to a video (in English and Spanish) of Archbishop Lori receiving his first COVID-19 vaccination and encouraging others to do so when they are able:

- English video: https://www.youtube.com/watch?v=T_L2cCLBSTk&feature=emb_logo

- Spanish video: <https://youtu.be/lozBCahTL5Q>

- You may also want to share this story from the Catholic Review: <https://catholicreview.org/archbishop-lori-encourages-vaccinations-as-act-of-charity-and-love/>.