



# DIOCESE OF SACRAMENTO

## Office of Worship

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# Memo

TO: Clergy and Liturgy Coordinators  
FROM: Dcn. Greg McAvoy-Jensen  
DATE: February 12, 2021  
RE: Sprinkling of Ashes Demonstration Video

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Since the technique for the distribution of ashes has changed for this Ash Wednesday, Fr. Brian Atienza and Bryan Visitacion have put together a video to demonstrate the changes, and for the assembly, how to receive sprinkled ashes. You are welcome to share this resource around the parish to help everyone be able to enter into the penitential spirit of Lent without being distracted by the change. The video can be viewed here:

[https://youtu.be/z\\_WZqKomrGk](https://youtu.be/z_WZqKomrGk)