



## **TRINITY UNITED CHURCH OF CHRIST**

**Manchester, MD**

### **Directions for Using the Cross of Ashes**

- 1. Hold the graphic of the ashes on the forehead in your hands**
- 2. Trace the outline of the cross with your finger**
- 3. While looking at (meditating on...) the cross, trace a cross on your own forehead.**
- 4. If you with someone else in your household you might have that person trace or make the mark of the cross on your forehead...imagine receiving the ashes from your pastor**