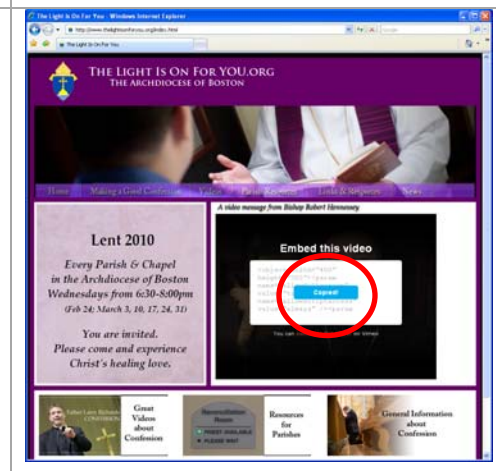
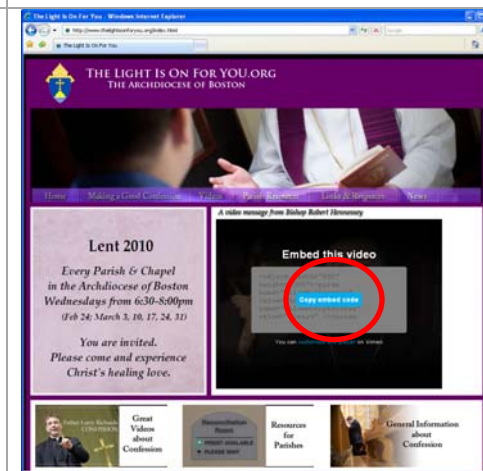
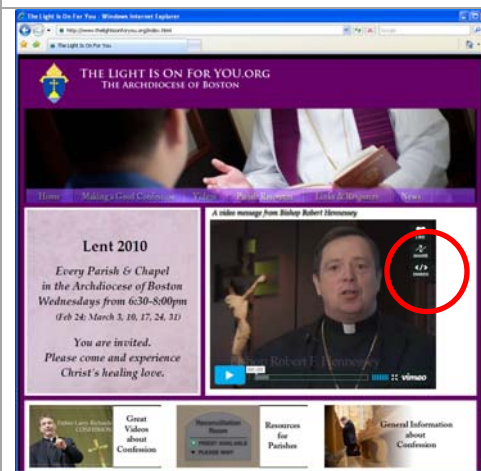
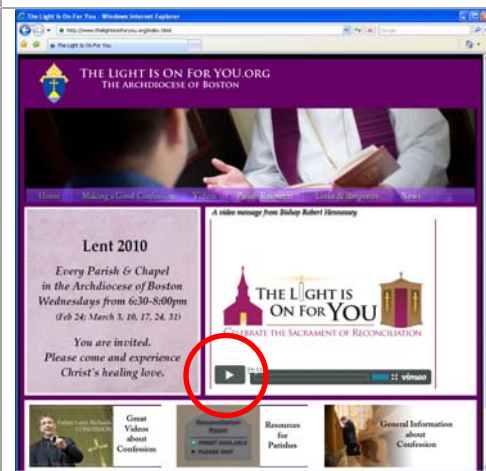


# Downloading/Embedding the Video Message to your Parish's Website

Step 1	Step 2	Step 3	Step 4
<ul style="list-style-type: none"> <li>Go to <a href="http://www.TheLightsOnForYou.org">www.TheLightsOnForYou.org</a></li> <li>Click on the "Play" button</li> </ul>	<ul style="list-style-type: none"> <li>Click on the "Embed" link in the upper right of the video.</li> </ul>	<ul style="list-style-type: none"> <li>Click on the "Copy Embed Code" link in the middle of the video.</li> </ul>	<ul style="list-style-type: none"> <li>Once it is copied, your parish's webmaster can then "paste" the text in your parish's homepage or email it to your parish webmaster.</li> </ul>



## What the code will look like:

```
<object width="400" height="300"><param name="allowfullscreen" value="true" /><param name="allowsriptaccess" value="always" /><param name="movie" value="http://vimeo.com/moogaloop.swf?clip_id=9011029&server=vimeo.com&show_title=1&show_byline=1&show_portrait=0&color=&fullscreen=1" /><embed src="http://vimeo.com/moogaloop.swf?clip_id=9011029&server=vimeo.com&show_title=1&show_byline=1&show_portrait=0&color=&fullscreen=1" type="application/x-shockwave-flash" allowfullscreen="true" allowscriptaccess="always" width="400" height="300"></embed></object><p><a href="http://vimeo.com/9011029">The Light Is On For You!</a> from <a href="http://vimeo.com/user3040145">bostoncatholic</a> on <a href="http://vimeo.com">Vimeo</a>.</p>
```