

# SENSORY FRIENDLY MASS

*All are welcome. All belong.*

*Come to me.*

*Matthew 19:14*



## Liturgy Checklist

Invite persons with disabilities and their families to participate in the liturgy as liturgical ministers, bringing up the gifts, etc.

Check the light levels. Avoid fluorescent lighting if at all possible. Lights should be lower, but not too dark for people to read.

Check the sound system. Be sure to test all microphones and run a soundcheck for lectors and vocalists to avoid hot mics.

Communicate with lectors, music ministers, ushers, and EM's regarding any necessary accommodations that will involve them.

Consider using the Children's Lectionary for Sensory-Friendly Mass. Have lectors proclaim slowly and clearly.

Music should be softer and less dynamic. Avoid songs that utilize sopranos in their upper register and dynamic organ music.

Train EM's to provide a fraction of the host if indicated by the person receiving. Also review Low-Gluten Host protocol.

Smells & Bells: Avoid incense at these liturgies if at all possible. Refrain from using bells during the consecration.

Offer Low-Gluten Hosts. Be sure to explain the procedure with the parishioners before Mass if this is new to your parish.

Note any special celebrations that will take place during Mass and take time to explain them. Preparing people for what to expect can create an environment that feels safe.

Take time to write a meaningful welcome. Explain why Sensory-Friendly Mass is important and invite all to the table.

Discourage clapping during final announcements. Clapping can be overstimulating and can cause stress.