

SENSORY FRIENDLY MASS

All are welcome. All belong.



Planning the Liturgy

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Lord, let thy peace fill me up until I overflow;
that where people cannot speak, I may be their advocate;
that where anyone is rejected, I may extend my arms in welcome;
that where parents are heavy burdened, I may offer a word of comfort;
that where our children struggle, I may lift them up and cheer;
that where some see disability, I may reveal to them extraordinary gifts; that where others judge,
I may share with them my deep gladness; and that where any are overlooked,
I may help the lights of all to shine.

Oh giver of these gifts,
grant that I may not so much seek to be reassured as to reassure;
to be praised as to praise;
to be accepted as to accept;
for it is in all our uncertainty that we are inspired to hope;
it is in great challenges that we discover our greatest joys,
and it is in our community of wanderers that we find the way home.

Amen.



What Is a Sensory-Friendly Mass?

A Catholic Liturgy that:

- Creates a stigma-free and less stimulating environment
- Makes slight modifications to accommodate persons with sensory processing issues
- Serves to welcome persons with disabilities and their families





What Is a Sensory-Friendly Mass?

Why is it necessary?

- Many families with persons with disabilities do not attend Mass
- Shows that persons with disabilities are welcome and a priority.
- Makes the Mass accessible and less stimulating
- Benefits persons with Autism, IDD, and even Alzheimer's/Dementia

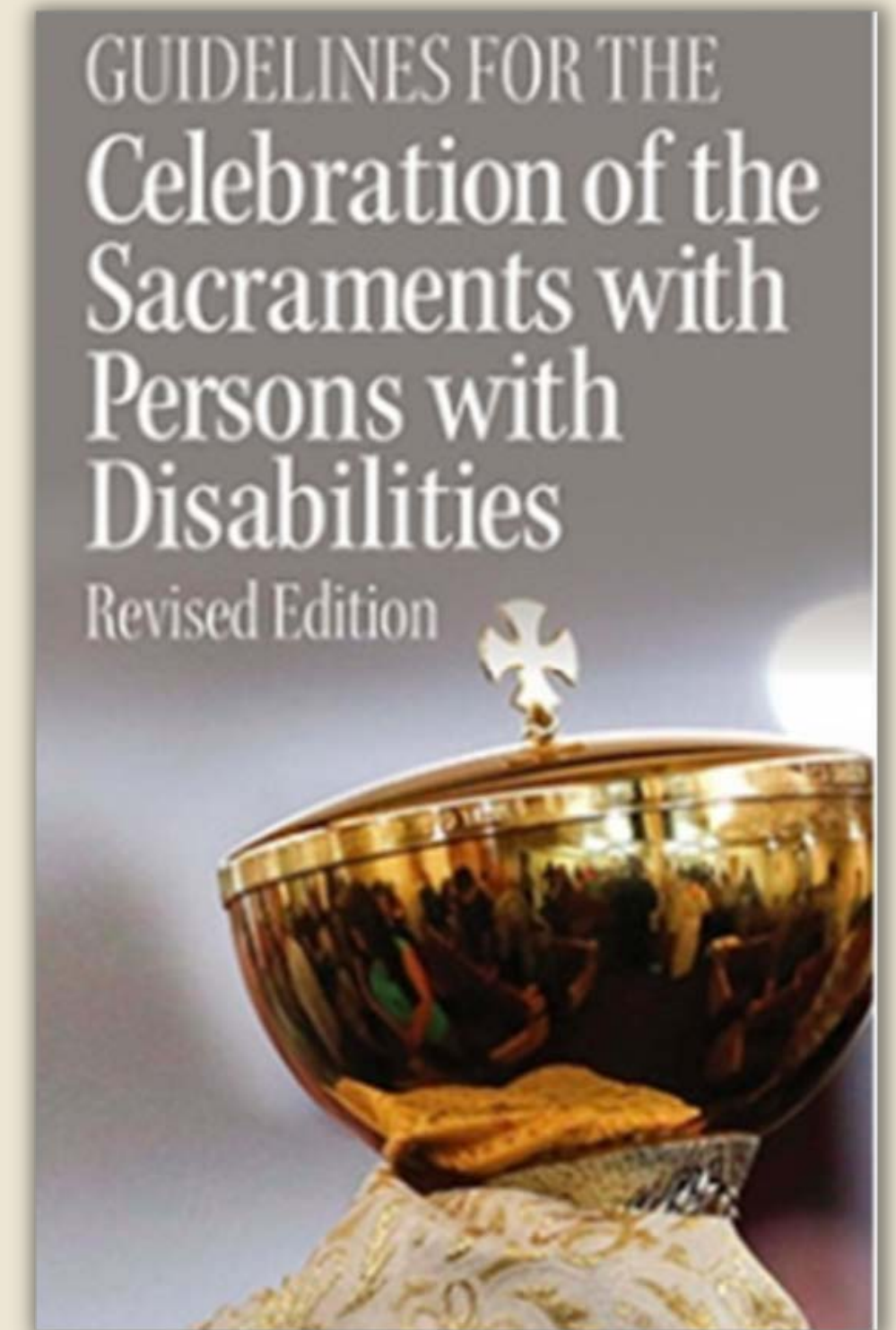




Making Mass Sensory-Friendly

Choosing a Mass:

- Mass Order & Components Remain the Same
- During Parish Mass Time vs. Separate Mass
- Select a time that works for you parish
- Select a time that is appealing for families with persons with disabilities





Making Mass Sensory-Friendly

Selecting Liturgical Ministers:

- Involve persons with disabilities
 - If you are able to select people
- Clearly communicate expectations
- Provide proper training for each role





Making Mass Sensory-Friendly

Hospitality Ministers

Altar Servers

Liturgical Ministers

Cantor/Choir

Presentation of the Gifts

Extraordinary Ministers





Making Mass Sensory-Friendly

Preparing the Space:

- Check the light levels
 - Avoid fluorescent lights if possible
- Perform sound checks on all mics
- Survey the Church for any barriers that might be present. Try to provide solutions to these barriers.

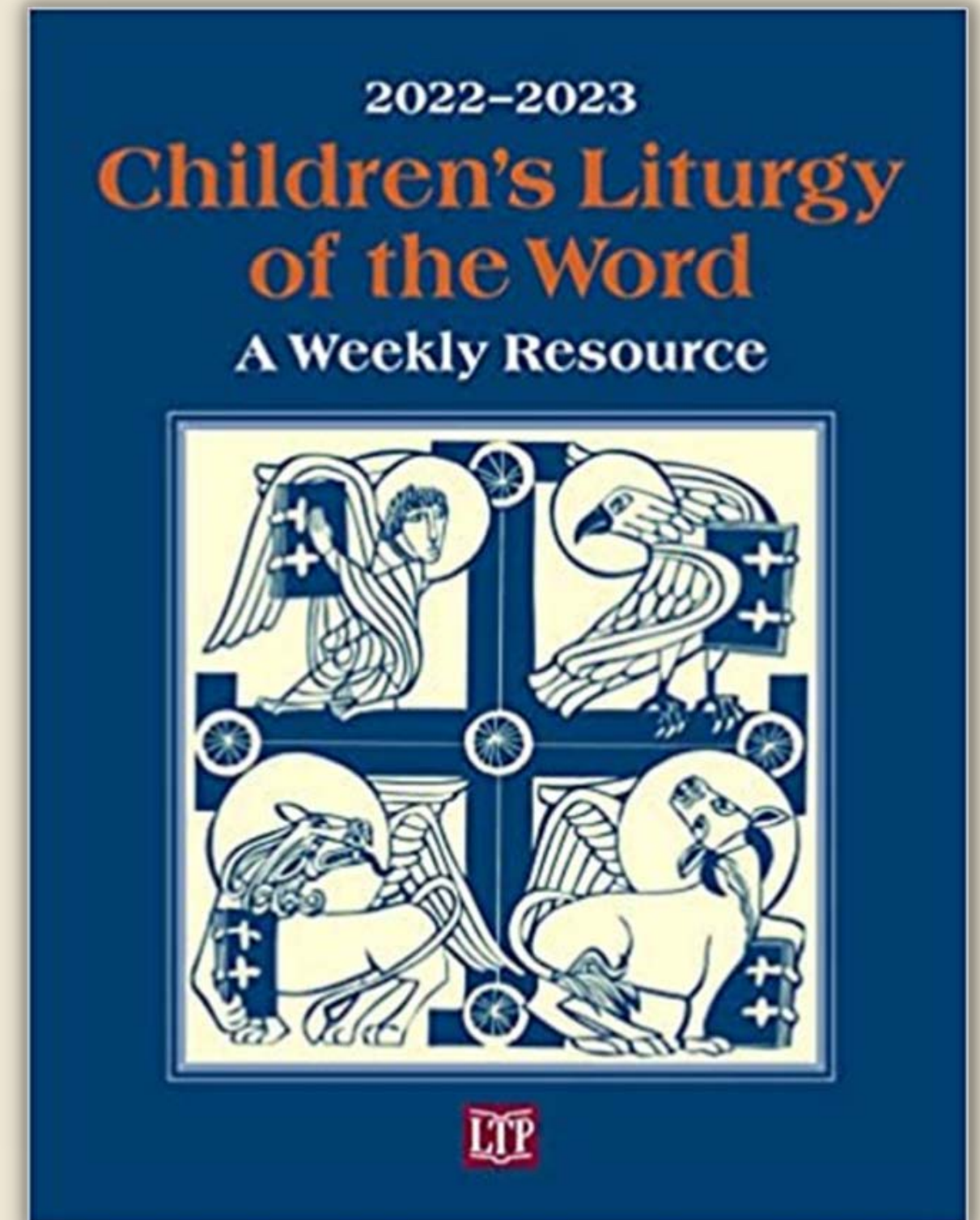




Making Mass Sensory-Friendly

Liturgical Considerations:

- Note any special liturgical celebrations
 - Explain any "extra" parts of the Mass or anything that will be different.
- Consider using the Children's Lectionary
- Music should be softer and less dynamic
 - Avoid loud and dynamic organ music
 - Select songs that are in the mid-vocal range

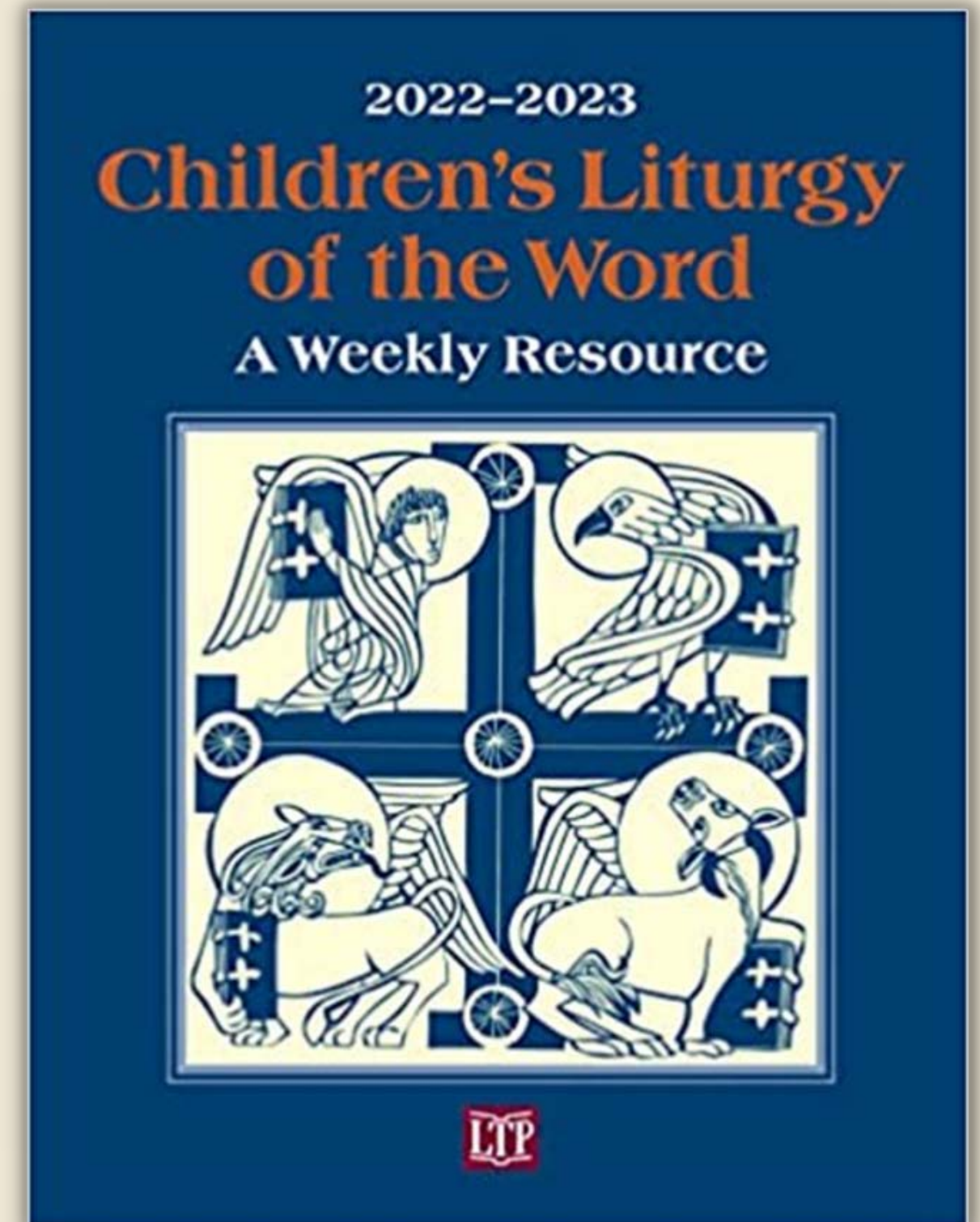




Making Mass Sensory-Friendly

Liturgical Considerations:

- Keep the Homily short, concrete, and consider using visual aids
- Select prayers with the simplest language when possible
- Offer Low-Gluten Hosts as an option





Making Mass Sensory-Friendly

Smells and Bells:

- Avoid using incense
- Refrain from bells during the consecration or consider using a lower tone resonator bell
- Consider turning off Church Bells before Sensory-Friendly Mass
- Ask the parishioners to abstain from clapping during or at the end of Mass





Resources

[Liturgy Planning Sheet](#)

[Liturgy Checklist](#)



Questions & Answers

Q & A