

# SENSORY FRIENDLY MASS

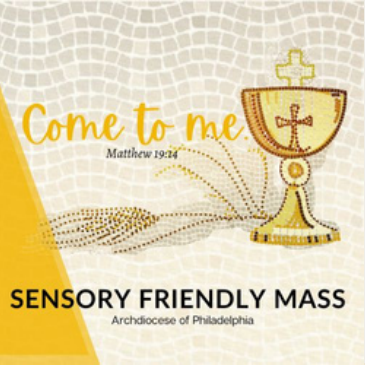
*All are welcome. All belong.*

Archdiocese of Philadelphia



## Planning the Liturgy

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# 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



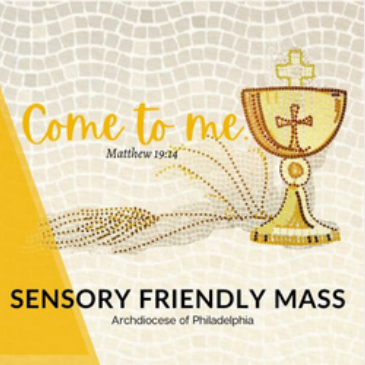


# What Is a Sensory-Friendly Mass?

## 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

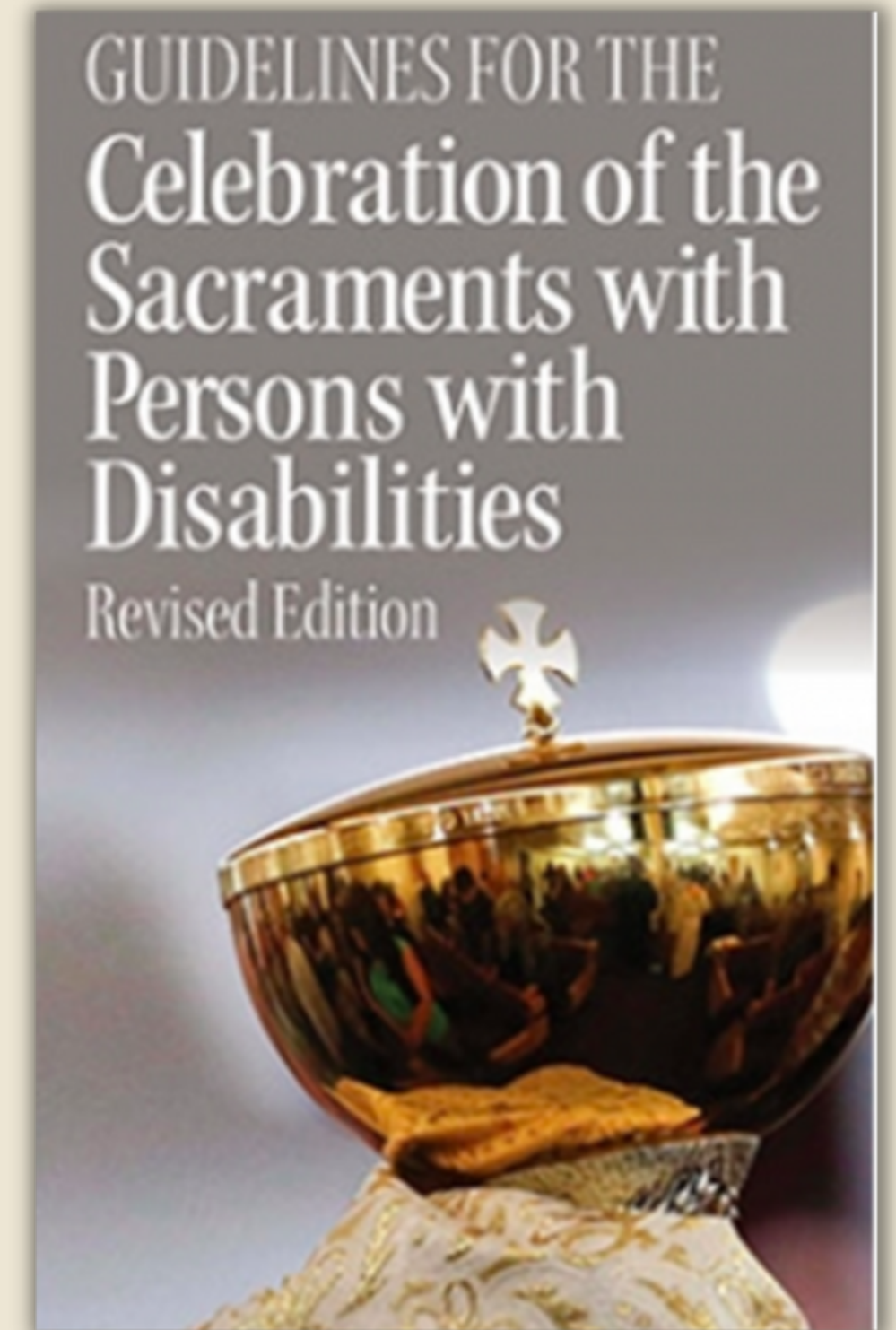


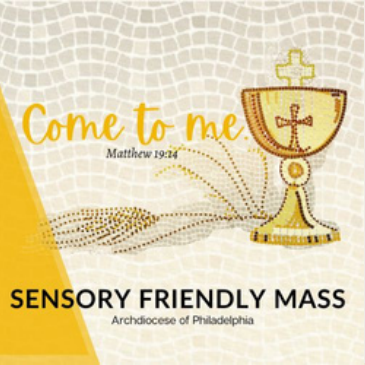


# Making Mass Sensory-Friendly

## 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**

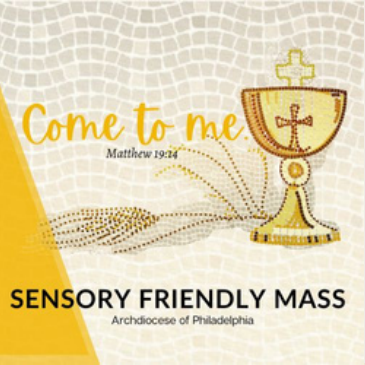
**Liturgical Ministers**

**Cantor/Choir**

**Presentation of the Gifts**

**Extraordinary Ministers**



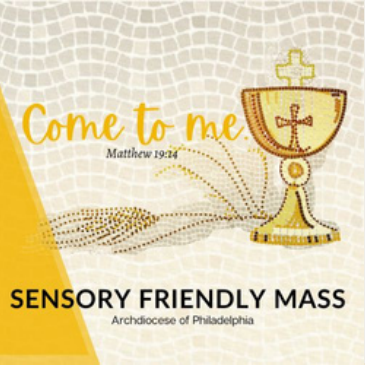


# Making Mass Sensory-Friendly

## 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.

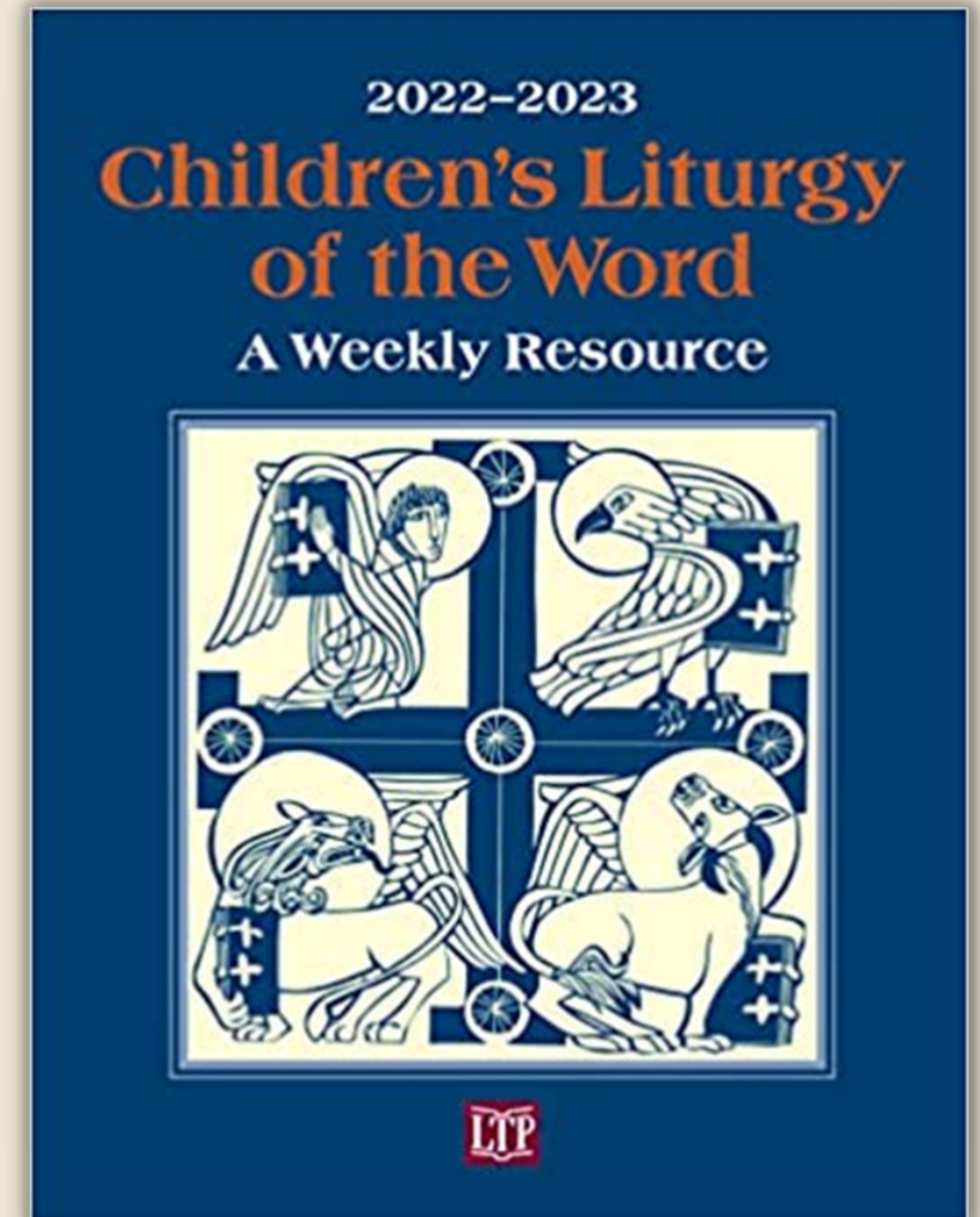




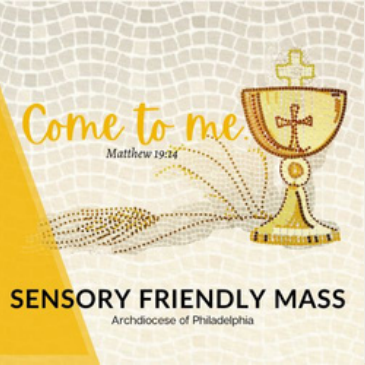
# Making Mass Sensory-Friendly

## 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



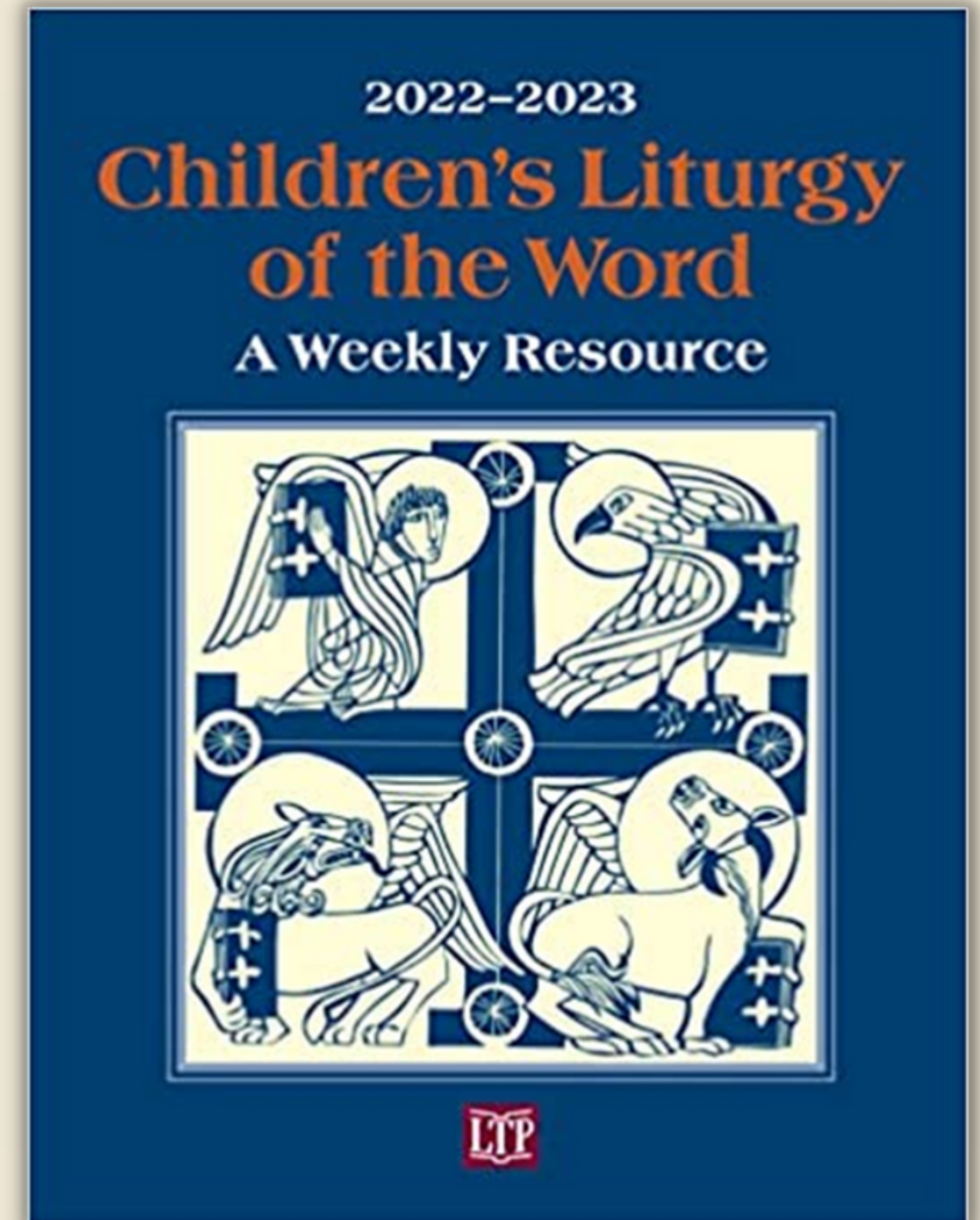


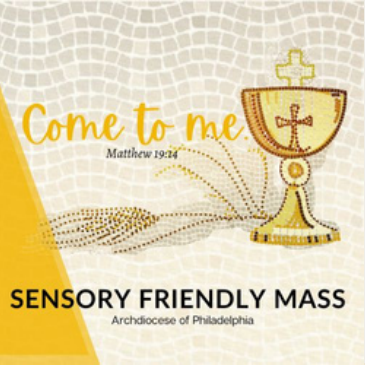


# Making Mass Sensory-Friendly

## 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