

# What are some ways to make Mass more sensory-friendly?

A Sensory-Friendly Mass requires three main criteria: a welcoming, stigma-free environment; an informed community; and a few special accommodations to help reduce instances of overstimulation.

## Music

- Softer
- No sudden increases in volume
- Slower tempo
- Fewer verses
- More consistent with Mass settings

## Short Homilies

- Practical
- Tangible
- Literal

## Accessible Visual Aids

- See resources in our Mass Toolkit

## No Incense

## Dimmed Lights

## Calming/Quiet area for respite

## Access to Low Gluten Hosts

## Smaller Host Portions

## An invitation for those with disabilities to bring necessary resources when attending

- Wiggle Seats
- Fidgets
- Comforting Toys
- Noise Cancelling Headphones
- Sun Glasses

## A prepared community who is ready to receive those with special needs without judgement



Office for Persons with Disabilities, Archdiocese of Philadelphia [www.OPDarchphilly.org](http://www.OPDarchphilly.org)  
In collaboration with Noelle Collis-Devitto, Archdiocese of Cincinnati

