

# Sample Bulletin Announcements

## Sensory-Friendly Mass at [Parish]

[Parish Name] will be hosting a Sensory-Friendly Mass on Sunday, [date] at [time] or [on the first and third Sunday of each month beginning on Sunday, [date] at [time]]. A special invitation is extended to any person with sensory issues and their families. This Mass will include: acoustic music, dimmer lighting, and pictorial resources for those with special needs. Families are encouraged to bring materials that can assist with comfort during the liturgy: noise cancelling headphones, wiggle seats, fidgets, etc. All are welcome to this regularly scheduled Mass. Contact [staff person or Parish OPD Contact] with any questions at [email] or [phone #].

## Awareness Week 1: Autism

Autism is often called the “Invisible Disorder.” A person with Autism Spectrum Disorder (ASD) has no physical characteristics, but may have a variety of sensory issues and developmental delays. Sometimes it is easy to assume that a child is simply acting out during Mass when, in fact, he/she is overstimulated. Families with autistic members need our support. It may be difficult for them to attend Mass, and a simple word of encouragement could mean the world to them. For more information about ASD take a look at the insert included in today’s bulletin. [Beginning on Sunday, [date] at [time] we will host a Sensory Friendly Mass [monthly or on the first and third Sunday of each month, or each Sunday].

## Awareness Week 2: Developmental Disabilities

We are called by God to welcome all into the Body of Christ. Oftentimes, those with developmental disabilities are not considered as we work to meet the needs of the general church population. Spend some time this week with the included bulletin insert to learn about and reflect on how we can better welcome those with developmental disabilities into our parish community. [Beginning on Sunday, [date] at [time] we will host a Sensory Friendly Mass [monthly or on the first and third Sunday of each month, or each Sunday].

## Awareness Week 3: Mental Health

“All people are created in the image of God; their dignity and worth cannot be diminished by mental illness.” As a faith community, we are called to support our brothers and sisters suffering from a mental health condition, offering the unconditional and non-judgmental love they deserve. Spend some time this week with the included bulletin insert to learn about and reflect on how we can better meet the needs of those with mental illness within our parish. [Beginning on Sunday, [date] at [time] we will host a Sensory Friendly Mass [monthly or on the first and third Sunday of each month, or each Sunday].

# Sample Pulpit Announcements

## Sensory-Friendly Mass at [parish]

[Parish Name] will be hosting a Sensory-Friendly Mass on Sunday, [date] at [time] or [on the first and third Sunday of each month beginning on Sunday, [date] at [time]]. A special invitation is extended to any person with sensory issues and their families. More information is available in the bulletin and flyers will be available in the gathering space after Mass.

## Awareness Week 1: Autism

In an effort to reach out to and welcome all within our community, our parish will be spending the month of [month] growing in our understanding of those with disabilities. Each week we will cover a different topic in the bulletin. Please take some time this week to read more about Autism Spectrum Disorder and reflect on how we can better meet the needs of all the members of our parish community.

## Awareness Week 2: Developmental Disabilities

In an effort to reach out to and welcome all within our community, our parish will be spending the month of [month] growing in our understanding of those with disabilities. Each week we will cover a different topic in the bulletin. Please take some time this week to read more about developmental disabilities and reflect on how we can better meet the needs of all the members of our parish community.

## Awareness Week 3: Mental Health

In an effort to reach out to and welcome all within our community, our parish will be spending the month of [month] growing in our understanding of those with disabilities. Each week we will cover a different topic in the bulletin. Please take some time this week to read more about mental health issues and reflect on how we can better meet the needs of all the members of our parish community.

