

## SENSORY FRIENDLY MASS



### At Mass We Welcome...

**the sounds** of the gathered community. We expect to hear coughs and sneezes, coos and dropped crayons during worship. These are the sounds of church. Church is not a silent building; church is the people. And people make sounds.

**the movements** of the gathered community. We engage in worship with our whole bodies, standing, sitting, kneeling, swaying, moving towards the table and returning. Please move in the ways that feel most comfortable to you. Feel free to leave and return as you need.

**the rich diversity** of the gathered community. We believe that church is not the building, but the people of God gathered to pray and to experience blessing. Real people gathered in one place is not always easy, it can be distracting, and yet we are transformed by the encounter.

We encourage you to exercise grace toward your neighbor and to expect to receive the same. If you are uncomfortable in worship or experience ongoing concerns, please speak with a member of the staff.

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