

# SENSORY FRIENDLY Mass

**St. Vincent de Paul, FW**  
**Every Sunday at 1:30pm**

A Sensory-Friendly Mass provides a safe, stigma-free setting for children and adults with sensory challenges, mental illness, or any kind of disability to feel engaged and experience Mass in a meaningful way.

## "Sensory"

Accommodations that allow for meaningful participation and help to reduce over-stimulation:

- 30 minutes
- low lights
- no bells, music, or incense
- use Children's Lectionary
- prayers are said, not sung
- short, literal homily
- use microphone (LOOP)
- celebrate in main church
- provide low-gluten hosts

## "Friendly"

The celebrant sets the tone for a welcoming environment by conveying the following:

- before Mass, the priest (or parish staff) extends a personal greeting, acknowledges the unwelcome some have felt, and briefly explains the SFM
- invites people to serve as lectors, greeters, servers, or gift bearers (can be assisted by others)
- welcomes input/suggestions

## Who Can Attend a Sensory-Friendly Mass?

all are welcome!

## Interested in getting a SFM started at your parish?

Contact Allison: 260.399.1452  
or [asturm@diocesefwsb.org](mailto:asturm@diocesefwsb.org)  
[www.diocesefwsb.org/belonging](http://www.diocesefwsb.org/belonging)

## Check out Today's Catholic:

<https://todayscatholic.org/sensory-friendly-mass-promotes-inclusion/>

[www.diocesefwsb.org/belonging](http://www.diocesefwsb.org/belonging)



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MINISTRY WITH PERSONS WITH DISABILITIES