



DIOCESE OF  
FORT WAYNE-SOUTH BEND

# Q SENSO- R Y- F R I E N D L Y L M A S S

## Q

### WHAT IS A SFM AND WHY IS IT IMPORTANT?

A Sensory-Friendly Mass provides a safe, comfortable, and 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.

## Q

### WHAT DOES A SFM LOOK LIKE?

"SENSORY" ...  
makes it possible,

"FRIENDLY" ...  
makes it desirable

#### SENSORY

Accommodations that allow for meaningful participation by reducing over-stimulation:

- 30 minutes
- low lights
- no bells or incense
- no music
- prayers are said, not sung
- use Children's Lectionary
- short, literal homily (2 min.)
- use microphone (needed for LOOP and livestream)
- provide low-gluten hosts
- celebrate in the main church

#### FRIENDLY

The celebrant sets the tone by conveying the following every time this Mass is celebrated:

- briefly explains why reducing "typical" sensory stimuli is needed
- affirms that each person's way of worship (sounds, movement, etc.) is received with joy because they are present and participating
- invites people to contact him (staff) with suggestions or specific requests the parish will try to accommodate
- invites individuals to participate as servers, lectors, greeters, gift bearers (family/others can assist)

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### WHO CAN ATTEND A SFM?

everyone is welcome

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### WHERE CAN I FIND A SFM?

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



MINISTRY WITH PERSONS WITH DISABILITIES

Questions regarding SFM or other initiatives in this ministry?  
Contact: Allison at 260.399.1452 or [asturm@diocesefwsb.org](mailto:asturm@diocesefwsb.org)

