

### St. Vincent de Paul Catholic Church

1502 East Wallen Road, Fort Wayne, IN 46825

Every Sunday - 1:30pm

# What is a Sensory-Friendly Mass?

A Sensory-Friendly Mass is generally 30 minutes long and requires three main criteria: a welcoming environment; an informed community; and special accommodations such as low lights, a short homily, no music or bells, and lack of incense to help reduce over-stimulation

### Why is a Sensory-Friendly Mass Necessary?

A Sensory-Friendly Mass provides a safe and comfortable 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 with family and caregivers

# Who Can Attend a Sensory-Friendly Mass?

Parishioners & non-parishioners are welcome. The Mass can provide families a place to pray together, free from judgment. There are also opportunities to serve at this Mass

#### Questions?

Contact Allison at 260.399.1452 or asturm@diocesefwsb.org

www.diocesefwsb.org/belonging



