**INCLUSION IN THE MASS**

*People with disabilities, like everyone else, have the right to be at mass and be a part of the parish because of their Baptism, “Catholics with disabilities have a right to participate in the sacraments as fully as other members of the local ecclesial community” (U.S. Catholic Bishops).*

***Ideas to make a Mass more inclusive***

Recite longer prayers at a slightly slower rate

* + Specifically, the Apostle’s Creed and The Our Father
  + This allows for everyone to join in and even those who may use a communication device.
  + Inform the congregation that the prayers will be slower and with a pause at the end of each line.

Music

* + Encourage all to sing
  + Use simpler songs
  + Have lyrics either typed in larger print or on a large screen in Church

Sign of Peace

* + Acknowledge everyone.
  + Allow for more time for those who may need it.

Communion

* + Make sure all Eucharistic Ministers are comfortable distributing to those with disabilities.
  + Come down to someone in a wheelchair.
  + Make eye contact
  + Let them know if unsure to ask the person if they would like to receive in their hand or by mouth.

A Mass specifically for those with Autism

* + Dim lighting
  + Allow for individuals to move around Church
  + Make it known that movement and noises will be part of the mass and will be accepted as a form of prayer
  + Calming music

A Mass specifically for the Hearing Impaired

* + Offer listening devices
  + Possibly have an interpreter

A Mass specifically for the Visually Impaired

* Offer prayers, responses and music in Braille form