

Sensory Friendly Family Inclusion Mass

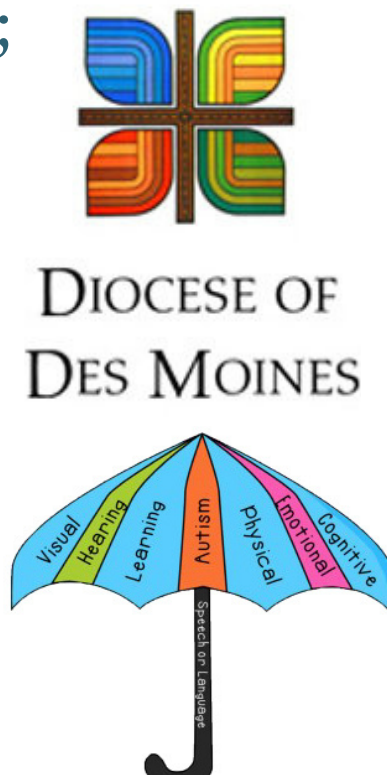
WHO: A special invitation is extended to any person with sensory issues or disabilities of autism, Down's syndrome, developmental/intellectual, dementia, Alzheimer's, and other disabilities, and their loved ones. Voice noise and physical movements are welcomed at this Mass.

WHERE: St. Ambrose Cathedral,
601 High St. in Des Moines

WHEN: Sunday, May 22, 3 p.m. An ice cream social follows Mass.

WHY: In an effort to embrace and welcome the members of our church with autism, Down's syndrome, developmental/intellectual, dementia and other disabilities, the Diocese of Des Moines will have a Sensory Friendly Family Inclusion Mass. We try to create an environment free of stigma.

CONTACT: For more information, contact
Patty Origer, poriger@dmdiocese.org;
515-237-5073.



Diocese of Des Moines Disability Ministry
www.dmdiocese.org/disabilityministry

Low lights

Low lights are more inviting for those with sensory issues.



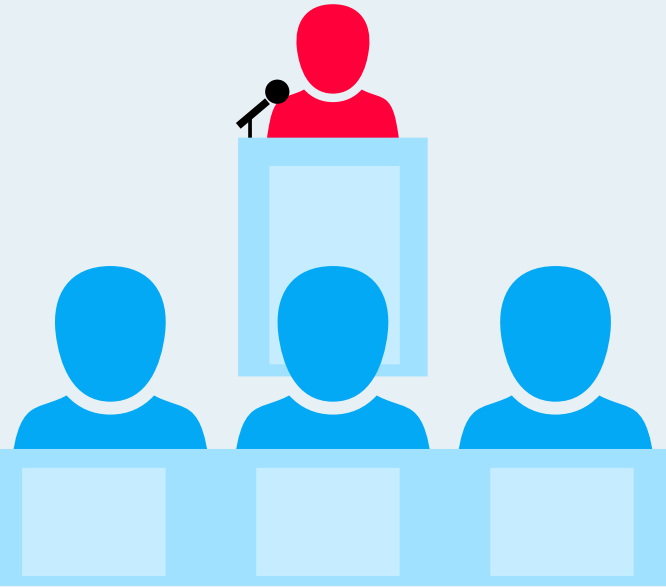
Soft music

Soft music is easier to enjoy for those with sensory issues or disabilities.



Homily

Shorter, more literal homilies are easier to comprehend and accommodate shorter attention spans.



Scripture

Scripture from a children's lectionary is easier to understand



Bring what you need, supplies provided, to have a prayerful, positive experience!

Families are encouraged to bring materials that can assist with comfort during the liturgy: noise cancelling headphones, wiggle seats, fidgets, etc.

Materials provided include: wiggle seats, headphones, picture missals and sunglasses.

ASL interpreter will be available.

